

Poetry Series

**Noah Body**  
**- poems -**



PoemHunter.com

**Publication Date:**

2026

**Publisher:**

Poemhunter.com - The World's Poetry Archive

## Noah Body()

I have battled several mental disorders for most of my life. As can be expected they all but ruined my family life. Hell, they damn near killed me multiple times.

My inspiration really wasn't. My depressions wrote 90% of my poetry. Dark stuff.



PoemHunter.com

# Our Story

We fell in love when we were young  
And wedding bells soon rung

The pitter patter of tiny feet  
They were loved, they were sweet

As adults they were fine  
Always brave and always kind

They grew and they left the house  
One of them found a spouse

But slowly I was slipping away  
Mental disorders ruined each day

My disorders left me nuts  
You stayed despite the cuts

Then I pushed you too far  
And broke your lonely heart

Never knowing why I treated you so bad  
When you left me you were glad

My heart was broken to lose you  
I still love you deeply too

I always cry when I think what it cost  
I'm lonely and now I'm lost

I would give anything to fix it  
Your love I will ever solicit

Noah Body

## Are My Poems Deleted?

Out of my 412 poems only the first 7 or 8 are visible no matter what I do. Did you guys delete the rest of my writings? I stored them here cause I thought they'd be safe. Guess I was wrong. It still shows 400+ poems but only the first 7 are visible.

Noah Body



PoemHunter.com

# Where Are My Poems

My poetry once flourished  
My soul they once nourished  
I was full of insanity and pain  
Insanity ruled my brain  
So poetry is where I found relief  
Releasing insanity as never believe  
I filed that poetry, 411 believe it or not  
I filed it in PoemHunter where safe it go  
Long time since I checked them out  
And now my heart's set to pout  
It shows 411 of my writings  
Yet on the first page the only things  
It shows forever no other page.  
I thought they were safe through ages  
Now 404 have disappeared.

Noah Body



PoemHunter.com

# When I Am Long Gone And Past? !

If when I am long gone and past  
When I am bones and dust at last  
If but just one can look and say  
I see the demons he fought each day  
I understand the battles he waged  
The ceaseless fight for life engaged  
I know he failed but he gave it all  
I give him respect though he did fall  
If just one can look back and know  
Then failure will not be all I did sow

Noah Body



PoemHunter.com

# To Be Out Of Sight

To be out of sight  
During such a blight  
Of human feelings  
Of human dealings

To stay out of mind  
To my heart is kind  
To remain invisible  
When your divisible

To stay behind walls of stone  
Yeah though loudly you groan  
To have no one to hear you  
No one to see you too

Is this a blessing?  
Or is it distressing?

Noah Body



PoemHunter.com

# I Loved You First

Please remember this always  
Twas I who loved you first  
As I wandered life's hallways  
I never wanted our love cursed

I loved you then, I love you still  
Losing you was the worst  
I love you now, I always will  
But it was I who loved you first

The thought of you in his arms  
Makes my heart fit to burst  
Enjoying each other's charms  
In love with him immersed

It drives me crazy your lips on his  
No matter what you say I loved you first  
There's no measure to love it just is  
We were new to love in the days we nursed

I own you not, you are no longer mine  
But never forget twas I who loved you first  
The days, weeks, months pass after time  
I am dying here for your love I thirst

Please never, ever forget  
It was I who loved you first  
Indeed we were truly well met  
But it was I who loved you first

Noah Body

# Normalcy 2

Normalcy, God sent and me blessed  
I promise today to give it my best

To be normal is a gift from God  
To join the ranks of the normal squad

Is a rare and beautiful thing  
Let me it's praises sing

To have no voices in my head  
As I try to sleep in my bed

Thank God the beast is gone  
No more suicidality will he spawn

All is quiet in my head  
Inside I'm no longer dead

To be normal what a treat  
Believe me it's no small feat

No mania and no depression  
To be found in today's session

Noah Body

# The Mask

Not a soul sees what's behind the mask  
Then why wear it you might ask?

The mask protects me from the world  
It keeps emotions tightly curled

It also protects the world from me at least  
It keeps them safe from hated beast

I hide deep behind these iron walls  
So no one hears my pleading calls

I am all alone behind the mask  
In sad loneliness I do bask

It is me against all the world  
The mask my flag unfurled

Noah Body



PoemHunter.com

# Tears Flowing Like A River

Tears flowing like a river  
Make my skin all a shiver

I hate those tears with a passion  
As they make my face turn ashen

They make me less than a man, oh why?  
Because over nothing real men don't cry

They burn as they toll down my cheeks  
They say that pain a tear bespeaks

If so then I am in agony severe  
Endless pain I do fear

Never able to find any peace  
My heart's pain will never cease

I miss her more each and every day  
Ever since from me she went away

Noah Body

# Loneliness

It's a lonely life for me  
Alone I can't help but be

Days stretch out ahead  
When I can't get out of bed

Endless days endlessly alone  
For all that I must atone

I've screwed the pooch for good  
That first must be understood

This is all my fault I must admit  
There's no one else to blame for it

But who knew such loneliness could exist  
Who knew I could be so easily dismissed

Life is lonely when one is so alone  
Come on someone throw me a bone

There has to a person out there for me  
For so lonely I can't always be

Alone is the worst state a heart can be in  
Standing outside life trying to see in

Human hearts were not meant to be alone  
I cry out to no one with a groan

Noah Body

# The Setting Of The Sun

The sun begins it's nightly journey  
Down below my perspective  
I am kind of blue and out of sorts  
At this simple prospective

I'm very worried that the men  
The shadow people will be back  
To haunt my every single dream  
I am terrified that they will attack

But slowly the light turns to black  
Inevitable as the coming of the tides  
I will not let them sneak up on me  
I will not demand everyone hides

I will make it through this dreadful night  
As I always have done before  
As the rising sun does cheer my soul  
And opens my heart's door

Noah Body

# I Miss You Baby Can't You See

I miss you baby can't you see  
You're all that's left inside of me

I know that I don't deserve you  
Yet I can't help loving you

I know that you I don't deserve  
Yet away from you I cannot swerve

Yet if love be hell to somewhat live  
All happiness to you I would gladly give

Be it at my own cost  
And forever may I be lost

Your happiness is what counts to me  
Forever may God let it be

Noah Body



PoemHunter.com

# I Miss You Baby

I miss you baby  
Don't say maybe  
I miss you my dear  
And I always fear  
We'll never see each other  
Again, Never again another  
I need you my love  
Way down from above  
Sorry if never enough  
Life is always so rough  
I love you my dear  
I just want to be near  
You once again  
Any old when  
I know it will never be  
That you'll never want me  
I don't blame you my dear  
It is all me never fear  
Yet I cannot help  
Being such a whelp  
My heart breaks for thee  
I can't help the tears that be  
I miss you my baby  
I'm just a big crybaby  
I am ever so sorry  
I blame you not for being chary

Noah Body

# I Thank You For Having Forgiven Me

I thank you for having forgiven me  
Even though my thoughts have riven me  
I do not deserve it I am so sure  
Your heart must surely be pure  
To again forgive my transgressions  
My inappropriate impressions  
A heart so beautiful have you truly  
To forgive one as me so unduly  
I owe you a big one this I know  
For that you I struggle to show  
That I am worthy of your forgiving  
Without giving you any misgiving  
I pray to my God to give me strength  
To never again test your heart's length  
Give me Lord strength to stand on my own  
To show that at last I ave indeed grown  
Strength to be the man I once was  
To elicite with it all sorts of ahs  
Strength to hold the beast at arms length  
God please do give me the strength  
The strength I need to live rightly  
To keep my control ever so tightly  
I pray you Lord to worthy make me  
So deserving I may at last be  
This my love I pray for thee  
So that worthy of forgiveness I may be

Noah Body

# Tears I Deserve

Tears I deserve, this I know  
Down my cheeks they run so slow  
Burning tracks across my face  
As ever my heart does even race  
I cannot make it up to you  
Another thing I know, I do  
Perhaps you are better off without me  
As much as I beg to be forgiven by thee  
I know it is true without me your are best  
But I beg you please to give me my bequest  
I am torn up inside me don't you see  
I know you are best off without me  
Yet I cannot let you go so easily  
I am in love that is not measily  
I know you are not anymore  
Even as together we swore  
I broke that too, this I know  
Yet how can I ever let you go?  
I know I have to this is true  
That single thought I do rue  
And rue the day that I screwed up so  
And gave you away to another beau  
I will forever hate myself  
As you tread on all by yourself  
Your life is yours to do as you please  
Yet never will my heart be at ease

Noah Body

# I Know That It Was All Me

I am so sorry can't you see?  
I know that it was all me  
I can't say how sorry I am  
And no this isn't a scam  
If you could just forgive me please  
Anything to set my heart at ease  
I am torn up deep inside  
From my errs I can never hide  
I know I was an ass that night  
I need a chance to set it right  
Can't you please forgive me?  
After all I do give to thee  
A second, third, fourth chance I need  
For another chance I do ever plead.  
I miss your face, I miss your voice  
I can't help it, I have no choice  
Forgive me please, set my mind at ease  
Let it blow away in the breeze  
Never forget I know the rule  
I am not stupid or a fool  
Though fool I may be to let you go  
Forever tears in my eyes do show

Noah Body

# In Love With Another I'll Never Fall

I miss you so very much  
You I just want to touch  
To stare into your eyes so green  
The prettiest eyes I've ever seen  
I'd love to stroke your hair so soft  
To bury my tears that come so oft  
To hold you so tight against me  
My eyes so teared up I cannot see  
I miss you yesterday and today  
And tomorrow, I miss you everyday  
I don't know what I expect  
It's all so circumspect  
I just know the tears don't stop  
Never will, until my heart does stop  
My heart breaks more every day  
The sunniest days turn all gray  
It's really over, once and for all  
Yet in love with another I'll never fall

Noah Body

 PoemHunter.com

# It's Over Now, Over And Done

There once was a lady who won over my heart  
I was convinced that we'd never be apart

I loved her so and she loved me back  
Towards eternal happiness we were on track

Her eyes they shimmered, her hair it glowed  
Whenever I saw her my heart never slowed

Her voice wrapped me up in a cocoon  
All of this and more was a boon

Then things changed as I screwed up  
Now on a most bitter feast do I sup

I am gone from her heart but she not from mine  
Now I cry myself to sleep time after time

I miss her and need her and miss her some more  
I am still enraptured by her allure

But it does not good for now there's another  
Ever in my heart the thought does smother

I would give anything, everything to have her back  
But that's a pipe dream for everything I do lack

Never again shall we be one  
It's over now, over and done

Noah Body

# Remember When... My Version

Remember when...

Our kids were so small  
Our love as what mattered all

Remember when...

To their games you ran them all  
While I worked to support us all

Remember when...

With our camper we traveled  
Before our life so unraveled

Remember when...

Against the world it was you and me  
Now it's just you.. and me.. no more we

Remember when...

We were one against the world  
Now alone in the corner I am curled

Remember when...

Your mother passed away  
And to you I did say  
For this we can pay  
There'll be no fighting this day

Remember when..,

We were an us, together  
Now there's no tether  
To hold us together  
I feel it's just the willpower of mine  
That makes the sun in the sky to shine

I remember when I was not so alone

Yet forever more I must atone  
For failing you so many times  
I will ever regret my serious crimes

I remember when enough was I love you

Now that passes into oblivion too  
Nothing I can say, Nothing I can do  
Will change that for me there's only you

All I have left is I'm sorry  
And that is never enough

Noah Body

# Dunno - Pain I Guess

I love you for every one of my days  
Without you I never see the sun's rays

You are my one and my only  
Apart from you makes me so lonely

Can't you see what you mean to me?  
Always will I love only thee

I know in the past it has not always been so  
But the past is gone and without you I can't go

Somehow I must find a way to live on  
When all I think is how you are gone

I know not how without you I can live  
When only to you my heart I do give

I bleed to think of you in his arms  
In his bed, under his charms

I don't know how to live without you  
I am lost and alone and bleeding too

Whatever am I to do when divorce you ask  
When you decide to take me to task

As ever that day must come  
And then we'll never again be one

Surely that day I will die  
Under a gray leaden sky

For surely the world must cry tears  
When come true my greatest fears

Tell me again how to go on  
When pain is all my heart does spawn

Noah Body

# Too Little, To Late

I love you Allie, yes I do  
There has never been anyone but you

You are the sun in my dark days  
Shining down with bright rays

You are the light in my sad life  
You deter all of the strife

I need you now more than ever  
Yet I love you now and whenever

You are my life, my only one  
Though our lives apart have spun

Forever and a day there's only you  
Though these days you make me blue

You love another, this is true  
But no one can love you as I do

My heart is yours eternally  
Though I keep it internally

I always bleed when I miss you  
The wounds run deep inside me too

What can I do to win you back?  
When I am such a sad sack

Too weak I am for your love  
I know not what I speak of

But I know I miss you everyday  
What can I do I just can't say

From your life you've blocked me  
So you love him I don't see

I cry and cry to no avail  
However did I so greatly fail?

To that question I know the answer  
Never will it be found among the dancers

This is no joke, I love you more  
Than anyone else, no matter the score

I am at my very wit's end  
I know not how to be your friend

I love you too much for that fate  
Yet I sense that now it's too late

Noah Body

# And Now At Last I'll Set You Free

The world is made up of fools  
Who just don't have the tools  
To make it... like me.  
Can't you see?

Dunno where my bread is buttered  
I still love you she uttered  
But all my life has changed  
Since away from me you ranged

Instability is now my middle name  
And nothing will ever be the same  
As when we were one you and I  
One beneath the eternal sky

Tears flood my eyes  
As I ask all those whys  
I'll never understand where  
It all went so wrong so there

I blame me and not you  
Cause I see it too  
Where caustic I am  
To all I touch

I just need you to know  
That I love you so  
And I will ever await  
That twist and turn of fate

That may bring you back to me  
My heart is broken can't you see?  
It has known no other but thee  
Since we were teens so wee

Forty plus years is a lot  
And answers I have not  
To how I can fix this  
Me you no longer kiss

You have moved on and left me behind  
Now you're one with someone else's mind  
As I stand here crying no it can't be  
But at last, finally I do see

That's it's over between you and me  
No matter how much I cry it can't be  
Just know that I love you, eternally  
And now at last I'll set you free

Noah Body

# My Life's Second Act

Off I go  
Into the nuthouse  
All because  
I was missing my spouse

That's not the whole story  
To be totally true  
I took all my pills  
When I was feeling blue

I thought to myself  
I can't live without her  
She's fallen in love  
With another

So I almost died  
'cause my head was all wrong  
Now I'm feeling  
That my life isn't all gone

I can do this  
I know that I can  
All the pain that comes with it  
Is but a flash in the pan

Day by day, lonely night by night  
I shall hold on by the skin of my teeth  
Until comes the day  
When the pain's not so deep

When comes that day  
I'll be able to live again  
It might be a noth, a year or more  
To be truthful I know not when

But come it will  
I know that's a fact  
That's when shall begin  
My life's second act

Noah Body

# All The Madmen Go Round And Round

All the madmen go round and round  
There is no hope to be found  
Banging heads on the walls  
Total insanity ever calls  
The shadows have voices  
There are no other choices  
The worms crawl in the worms crawl out  
As we stand in the corner and shout  
All alone in this world  
A madman I am always called  
Evil darkness hovers near  
Not allowed to shed a tear  
Keep it hidden, be ever strong  
This is just so damned wrong  
Tap tap tap go hands and feet  
In my head the madman to greet  
Voices calling, no one hears  
Nor sees the red hot tears  
Face the world and stand tall  
Don't let them see you fall  
Locked away, forever hide  
As I miss my one time bride  
Despairing that she'll ever be back  
I just can't stay on track  
The voices in my head  
Ever wishing me dead  
Damn those voices, damn them all  
Don't ever listen to their call  
How to live without her love  
Is the challenge from God above  
As I ramble on and on  
All of life is over, done  
There's a great big hole inside of me  
Hidden away for no one to see  
Madness calls between my ears  
No one ever to see the tears

Noah Body

# The World Out There

There exists a world out there  
A world where gloom does not dare

A world of noise and joy  
Where a girl meets boy

And they join in union  
In everlasting communion

To live lives of joy and love  
Sent down from heaven above

Ever one through thick and thin  
Nothing can break them, not a sin

Through hellfire and pain they trudge on  
Their love never wavering moving ever on

Through trial and error their love grows stronger  
Living without each other grows ever wronger

I once lived in such a world  
Where my heart danced and even twirled

Now it's gone forever in a flash  
Now against walls of stone does my heart crash

She says she still loves me as a friend  
I fear this is the start of the end

She loves another I am sure  
Despite she claims she's still pure

I have lost her forever and so I weep  
And forever may she my heart keep

Noah Body

# Will You Be My Valentine?

Will you be my Valentine?  
You need not love me or be mine  
All there is for you to know  
Is I love you, this I'll show

Will you be my Valentine?  
Once together we were so fine  
Now apart my heart does break  
Deep inside me is this ache

Will you be my Valentine?  
Things between us are serpentine  
But know this now, this I swear  
I am drowning, I need air

Will you be my Valentine?  
We'll go out to gently dine  
I'll watch your eyes, I can't help it  
I'll look for the spark that once was lit

Will you be my Valentine?  
I will never you malign  
Forever is my heart yours  
When with you it simply soars

Will you be my Valentine?

Noah Body

# For I Know The Evil That Lives Inside

The days go up, the days go round  
The days go all round and a round

Today I am down, tomorrow I'll be up  
On joy and energy will I sup

But not today during which I am drained  
It helps none that this morning it rained

Spirit is low and so is my energy  
They are bound up in their synergy

Madness is their companion, pure insanity  
Combined they remove all of my humanity

Darkness today, tomorrow there will be light  
If not tomorrow then one day that's in sight

The voice of the beast echoes in my head  
It swears that I'm better off dead

It promises my loved ones will be better off  
At all of this it is difficult to scoff

For I know the evil that lives inside  
No matter how deeply I cause it to hide

The black rot that thrives at my core  
The evil my conscious does deplore

Yet it there if you but look deeply enough  
All of the good in me it does rebuff

Noah Body

# Entombed

Here I sit all alone  
Feeling down, feeling blue  
For no reason known  
Tears falling right on cue

It is now a common state  
To be so lonely and depressed  
It is simply now my fate  
To be alone and repressed

There's a world out there  
Somewhere beyond these walls  
To heaven above I send a prayer  
Please let my heart hear it's calls

Please help me to break free  
To live again and feel the light  
Please help me to once again see  
The joy in life, all that's right

To that prayer there's no response  
Forever I remain behind these walls  
Deeply buried herein ensconced  
Entombed never to hear life's calls

Noah Body

# Musings On The Beast

Yield to the call of destiny  
The might sonorous soundings  
Harken to it's inevitability  
As it swallows all surroundings

It is the voice of the beast  
And 666 shall be his number  
Dunno is what he names himself  
As your soul he does encumber

Loneliness and despair the blades  
With which he flays your heart  
Self despite is the very wedge  
He uses insanity to impart

Chaos is his darkened realm  
Hatred is his food of choice  
He will scorch your very soul  
Until in agony you give voice

Cold fingers in your mind entwined  
Each fragment of your heart he owns  
To rip and tear and twist and break  
Until music arises from your moans

Sure as the tide he cannot be stopped  
As he does dance and misbehave  
Driving you to that untimely end  
At the end he dances on your grave

Noah Body

# The Sky Is Crying

The sky is crying  
While I am dying  
Teardrops abound  
Falling all around  
Does God even weep  
For any lost sheep  
From way up above  
Is He filled with love  
For a broken man  
Who just can't stand  
On his own two feet  
He cannot compete  
With life that surrounds  
In darkness he is bound  
Does the sky cry for him  
Or is it just a whim  
Teardrops wash down  
From eyes that are round  
Blending with the the rain  
And hiding all the pain  
God cries not for me  
Nay. He cries for thee  
For you are left behind  
Ever suffering in kind  
While death ends my pain  
As sure as the rain

Noah Body

# Echoes Of The Past

Echoes of the past reverberate in my head  
It is by purest chance that I am not dead  
My body lives on despite the rotted core  
Long ago I died for once and ever more  
I stand at the portal and outside I gaze  
At all of life that is lost in the haze  
Never again of life shall I partake  
I shall not ever again awake  
For the beast has won in the end  
To eternal hell did he me send

Noah Body



PoemHunter.com

# Smiling Faces

To the world I show my smiling face  
The mask that hides every last trace  
Of the darkness that is inside me  
May the world never be able to see  
The pain I hide or the tears I cry  
As the world outside passes me by  
No one ever looks to really see  
The cracks that are inside of me  
They merely glance at my smiling face  
The one that hides every last trace

Noah Body



PoemHunter.com

# The War Rages On Inside Of My Head

I cry tears with no one to see  
That all is dead inside of me

They burn as they roll down my cheeks  
I swipe them away but they leave streaks

Not a soul knows the pain that is there  
The loss of hope, the boundless despair

A vast empty void is all there is  
Filled with a voice that makes me his

An evil voice that belongs to a beast  
He makes of my heart his very own feast

He laughs at my pain, feeds on the hurt  
His dominance does he always assert

He corrupts all that is good and true  
Twists it all till life do I rue

He hates me and wants to hear me scream  
To beg and to plead and to fear to dream

He won't be satisfied till I beg to die  
All that is beautiful does he deny

Yet I am he and he is I  
So why do I believe the lie

He is the master corrupter of all that's good  
For decades alone against him I have stood

He wears me down like a mountain in rain  
He is my nemesis, all of life's bane

So forever more until I am dead  
The war rages on inside of my head

Noah Body

# Raindrops And Tears

Raindrops sliding down  
The crystal clear window pane  
Teardrops from heaven

Blending with my tears  
Distorting all of the world  
Washing clean my soul

Noah Body



PoemHunter.com

# I Love You

I love you surely that you know  
Because my eyes tell you so

You are my soul and my heart  
From you never let me part

And when your time is through  
May I go along with you

So that forever and a day  
By your side may I stay

And when the tomorrows run out  
You will surely never doubt

That I love you more than life itself

Noah Body



PoemHunter.com

# Among The Waves A Place To Hide

I'm adrift on an endless gray sea  
Storms and tempests surrounding me

Yet here I sit in the eye of the storm  
Questioning why I was ever born

Perchance to drift but never to live  
There's nothing left for me to give

Bereft of life yet existing still  
All of this a most bitter pill

What I'd give to live a minute  
To look at life and see me in it

Rather than drift with the tide  
Among the waves a place to hide

Noah Body



PoemHunter.com

## Raindrops (Double Haiku)

Raindrops fall downward  
On to barren fields below  
Teardrops from heaven

Teardrops slide down cheeks  
Leaving burning tracks behind  
Raindrops from the heart

Noah Body



PoemHunter.com

# On The Turnpike Of Life

I'm just a nowhere man  
Doing whatever I can  
To keep myself sane  
In the left hand lane  
On the turnpike of life  
On which pain is rife  
And darkness the rule  
You learned in school  
Hammer to the floor  
While outside the door  
Everything is roses  
The soul decomposes

Noah Body



PoemHunter.com

# Sorry Is Never Enough

Sorrow and regrets abound  
Wherever sorry is found

Sorry is never enough  
To soothe the rebuff

To ease all the pain  
And end all the strain

When is is overused  
So often it's abused

Never heals the wound  
In pain it's impugned

Sorry is never enough

Noah Body



PoemHunter.com

# Why Can't You See

Why can't you see  
What it's doing to me?

The images in my head  
Nothing more to be said

The questions that rise  
Can never be disguised

The loss of self worth  
Drags me down to earth

When I'm trying to fly  
High up in the sky

Why can't you see  
What you've done to me?

Noah Body



PoemHunter.com

# Being Human

round and round the calendar goes  
why fight on? Nobody knows  
when no possible victory's in sight  
why should we continue to fight?  
why keep banging head on the wall  
why struggle to prevent the fall  
why march onward against the tide  
why not just turn and run and hide  
because as humans it's in our nature  
to fight on til we reach the rapture  
to struggle to climb the highest hills  
to swallow again the most bitter pills  
as humans we know not how to quit  
we just keep gnawing away at the bit  
in adversity we reach our potential  
when being human is most essential

Noah Body



PoemHunter.com

# Tiny Little Balloon

Tiny little balloon  
Afloat in the sky  
Free all too soon  
Never knowing why

All alone and blue  
In the sky it's lost  
It never really knew  
Freedom has a cost

Noah Body



PoemHunter.com

# I Drift Alone

I drift alone on a cold, gray sea  
Gray lonely clouds float above me  
No land is anywhere to be found  
The sighing wind the only sound

Noah Body



PoemHunter.com

# All Of Me Is Yours

Your eyes are stars in the dark of night  
Your shining hair my northern lights

Your glowing smile is my sunrise  
Your warm, soft lips are my prize

Your perfect skin as smooth as silk  
Your voice to me is morning's milk

A tender kiss from you to start my day  
A passionate one begins our play

A warm hug to make it all right  
Calms me down, ends all my fright

To say I love you is not even close  
My heart sings and of you it boasts

How I deserve you I will never know  
With every breath to you I will show

That you have my heart and my soul  
All of me is yours, the very whole

Noah Body

# Do You Know How To Smile

Do you know how to smile  
To cover up the pain  
Holding back the tears  
That threaten like the rain

Can you keep that mask in place  
All that the world can see  
While inside you are dying  
Ever struggling to be free

Pain that comes from nowhere  
Dark and lonely deep inside  
As you're longing to run away  
From all the world to hide

So that you can drop the mask  
Take a break from the fight  
A few moments to recoup  
And recover from your plight

Even steel has a breaking point  
When bent beyond restraints  
As did they reach their limits  
When tested were the saints

It matters not that you falter  
When tears are too much to bear  
Only that you stand again  
Move forward through all despair

Do you know how to smile  
While inside you slowly die  
To face the world despite it all  
Clinging darkness to deny

Noah Body

# Myself I Can't Save

The eyes in the mirror stare back at me  
Dead, empty pools with nothing inside  
At me they stare. What do they see?  
There's nowhere to run, nowhere to hide

A vortex sucking me down into a hole  
A bottomless pit of crippling despair  
That tears me apart and shreds my soul  
Razors of agony way deep down in there

Cold lifeless orbs in the mirror trapped  
Locked on my own with a deadly intent  
To drag my soul down, keep it entrapped  
Bury it there until all life is spent

A void that promises nothing but pain  
Until the end comes and I lay in a grave  
Endless tears falling down like the rain  
There's no escape. Myself I can't save

Noah Body

# Words That Never Ever Rhyme

Out of sync, out of time  
Tumbling words never rhyme

Words to soothe all the pain  
Of tears falling like rain

Magical words that should heal  
In the end they're not real

All that exists is the ache  
Of the pain that's not fake

Words can never really soothe  
Nor troubled soul truly smooth

Yet some comfort they do bring  
As through my heart they ring

Venting the madness of the beast  
Lessen the insanity at the least

From within and from without  
Calm the beast without a doubt

Out of sync, out of time  
Words that never ever rhyme

Noah Body

# Drying Up The Tears

Golden rays shine down  
Bathing the landscape below  
Drying up the tears

Noah Body



PoemHunter.com

# The Wonder Of You

The universe is in your eyes  
You smile and all it implies

The softness of your skin  
Gives butterflies within

A gentle scent to golden hair  
Wafts it's way through the air

The baggage I bring is not good  
That at least is understood

Tension and stress weigh you down  
Bring to your face a darkened frown

To see that smile disappear  
Sliding down a tiny tear

Breaks my heart and makes me cry  
Then I think you should say goodbye

Go off to live and find your joy  
Before the pain can you destroy

Your happiness is all I need  
Even when my heart does bleed

Yet by my side is where you stay  
You're the eternal light in my day

I'm scarcely worth all your pain  
The tears that fall like the rain

Your love for my I don't deserve  
But you never, ever swerve

I don't understand why you stay  
To just hurt and cry another day

For forty years you've been my life  
My love, my light, my blessed wife

How you stand me I wish I knew  
That is simply the wonder of you

Noah Body

# This I Pray On Bended Knee

You are the fire in my heart  
Your smile is a work of art

You are the foundation of my soul  
You take my parts and make me whole

You are my life's very light  
Shining in the dark so bright

The spark that lights the flame  
All of this do I here proclaim

Apart from you may I never be  
This I pray on bended knee

Noah Body



PoemHunter.com

# My Wife, My Best Friend

I chose life in it's glory and pain  
With all of the sunshine and the rain

I chose you to be forever my wife  
To share with you all of your life

Through all of the heartache and pain  
For better or worse I'll always remain

You are my bride, my very best friend  
That is one thing that will never end

I'll always love you with all my heart  
Our souls are joined may they never part

For when I chose you you chose me too  
Forever are one and no one can undo

The bonds that tie us together as one  
The magic of you ever since this begun

Sorry I can't give you what you deserve  
But there's one thing that I observe

I am yours forever, heart, mind and soul  
All of me is yours, the entire whole

Noah Body

# Teardrops From Heaven (Haiku)

A leaden gray sky  
Covers rain soaked earth below  
Teardrops from heaven

Noah Body



PoemHunter.com

# Thank You For A Truly Magical Night

Thank you for the perfect night  
Romance found by the candlelight  
Good food and drink and song  
With eyes a connection strong

Love filled tears in my eyes  
At all that your touch implies  
Our eyes locked soul to soul  
Lit in my heart a burning coal

Love songs a tender backdrop  
Forging bonds that never stop  
Time stopped locked in you  
Hours but moments to renew

Next a play, a magical touch  
Enhanced the night ever so much  
We laughed and cried at the art  
Strengthened the bonding of heart

Then laying, talking, exploring  
A gentle touch our love restoring  
Heart to heart in tender wonder  
Never again to be torn asunder

Joining together on every level  
Lost in your bewitching spell  
Your eyes, your touch, your every word  
In you by tears my eyes were blurred

To the beautiful woman of my life  
The passionate lady I call my wife  
Thank you for a truly magical night  
May it keep the fires of love alight

Noah Body

# The Voice

Inside me there is this voice  
That seeks to end all choice

It tells me I'm no good  
And end it I should

It harps on all my wrongs  
Ending all of my songs

It says I deserve the pain  
Standing out in the rain

Tear drops fall forever

Noah Body



PoemHunter.com

# Tiny Droplet Rolls

Tiny droplet rolls  
Burning across silken cheek  
Towards crooked smile

Noah Body



PoemHunter.com

# It's A Dog's Life

It's a dog's life for me  
Staring out at endless sea

Life's out there somewhere  
Lost inside the darkened air

Past the glass the other side  
Out there a bountiful tide

Awash with humanity out there  
While here I sit in this chair

Alone and lost amid the mass  
Staring out darkened glass

Noah Body



PoemHunter.com

# A Dark And Gloomy Room

Alone in a dark and gloomy room  
My head spinning, ringing boom

Lost and always so lonely  
In all the world I am the only

The voices have been subdued  
The world is all gray hues

Brain is burnt and so tired  
In the mud I am always mired

Dark and dim is the world  
In the corner I am curled

Noah Body



PoemHunter.com

# I Hide My Tears When I Hear Your Name

I hide my tears when I hear your name  
I know that my face reveals my pain

I miss you my love more each day  
Without you the world is so gray

I think of all of the years gone by  
And then I can do nothing but cry

I wasted so much time with you  
I'd give anything to once redo

To correct all of the hurtful mistakes  
To have a chance to heal all the aches

Yet never once can the past be changed  
And so we are now forever estranged

Noah Body



PoemHunter.com

# Alone In The Room Of Gloom

Alone in the room of gloom  
Awaiting the coming doom  
Filled with a crushing fear  
Of the dark that draws near  
All lone in this empty world  
Broken heart in corner curled  
Weeping alone in this room  
Lost and hurting in the gloom

Noah Body



PoemHunter.com

# Lost Among The Stars

I am lost among the stars  
Flashing as headlights of cars  
Beacons waving me forward  
Drifting ever shoreward  
Trying so hard to live  
There is nothing left to give  
I am a broken, useless man  
I have done all that I can  
It's never even enough  
Eternally me I rebuff

Noah Body



PoemHunter.com

# Start A New Life

Start a new life on this world  
An empty one, that's for sure

In this world but not of it at all  
I am inside a complete free fall

How to start over again, anew  
Inside a world without you

Have to find a way to live  
To go on, continue, hope to give

What am I doing, I cannot think  
I teeter right on the very brink

Noah Body



PoemHunter.com

# The Tides Of Time

The waves roll in, the waves roll out  
Pushing and pulling with out end  
Caught in their grasp life is a rout  
Leading where I cannot comprehend

Ceaselessly the waves wax and wane  
Dragged from here, deposited there  
Their disregard is somehow profane  
Leaving the heart filled with despair

Nothing changes, nothing remains the same  
Life's endless tides sculpting anew  
New artwork created inside a new frame  
The tides of time one can never subdue

Noah Body



PoemHunter.com

## A Humorous Little Ditty

There once was a man named Tony  
Who loved his pizza and pepperoni  
and along with his brews  
It shouldn't be news  
He will never again be boney

Noah Body



PoemHunter.com

# Nocturnal

Do you know the miracle of life?  
Do you see the wondrous sunrise?  
Do you sense the odiferous rose?  
Do you feel the magical surprise?

Do you know the magic of love?  
And the power of peace inside  
Can you speak to the simple joy  
That with heart can't be denied

Do you even know the miracle  
Of a life that again feels  
When once all was deceased  
Forever done with the ordeals

Yet now way beyond all chance  
Life surges way down internal  
Inside the endless darkness  
Not all is forever nocturnal

Noah Body

# Madness Spinning All Around

Madness spinning all around  
Shooting up and then down  
Whispers between my ears  
Working on my dreadful fears  
Echoes saying die right now  
All of sanity to disavow  
Death is the only answer  
Mind filled with cancer

Noah Body



PoemHunter.com

# Life Is A Terrible, Beautiful Thing

Life is a terrible, beautiful thing  
With ecstasy and agony it does ring

Less than a blink in the great beyond  
A miniscule fish in an endless pond

A nuclear burst inside a fragile shell  
One sharp tone from the mighty bell

Here this moment, gone in the next  
Leaving behind everlasting effects

Each life but a neuron in a vast net  
An atom inside a wondrous vignette

On it's own so meager and impotent  
United in life truly transcendant

Noah Body



PoemHunter.com

## How To...

How to stand on your own  
How to live life alone  
How to always be strong  
How to never go wrong  
How to look in your eyes  
And yourself not despise  
How to stand up once more  
Please, an answer I implore  
How to continue to live  
How do I myself forgive?

Noah Body



PoemHunter.com

# Eternal Rest And Peace

Nobody really knows  
How deep insanity goes  
Deb said it was up to me  
Simply get control you see?  
Why do I keep failing?  
In life's soup flailing?  
Never once belonging  
Worthless life prolonging  
At the grave does it end  
Worthlessness to transcend  
Eternal rest and peace  
When I finally cease

Noah Body



PoemHunter.com

## Condemnation (Haiku)

No one condemns me  
To everlasting hellfire  
As surely as I

Noah Body



PoemHunter.com

# Depression

Depression is a ravenous beast  
On mind, heart and soul it feasts

Devours all that's good and pure  
Despair and loneliness a tasty lure

Dragging you down into muck and mire  
There the endless agony of hell fire

It's so slippery and full of guile  
It often hides behind a fake smile

Strange to be in but not of this world  
Hiding, separate, in a corner curled

More the fool, even I believed the lies  
Yet I could never deny the mirrored eyes

Of light and life an eternal evil drain  
A blot, a disease, on life profane

Eliminate the negatives is what they say  
If you are to find happiness some day

I find myself at the head of that list  
How can I justify to continue to exist?

Noah Body

# The Question That I Ask

Lost inside the crowd  
The silence so loud

Standing on my own  
Lost and all alone

Rebuilding is the goal  
The walls around my soul

The road is hard and long  
As I relearn to be strong

When I struggle with the mask  
The lone question that I ask

Is it really worth the pain?  
Wouldn't death be more humane?

Noah Body



PoemHunter.com

# Rain

Rain softens the scabs  
Gently washes them away  
But the scars remain

Noah Body



PoemHunter.com

# If Just One Can Look Back And Know

If when I am long gone and past  
When I am bones and dust at last  
If but just one can look and say  
I see the demons he fought each day  
I understand the battles he waged  
The ceaseless fight for life engaged  
I know he failed but he gave it all  
I give him respect though he did fall  
If just one can look back and know  
Then failure will not be all I did sow

Noah Body



PoemHunter.com

# The Angel Of Death Visits

The angel of death surrounds me  
An icy cold touch, a deadly spree  
4 souls in hours have been touched  
2 have lost the life they clutched  
2 more, hovering, may go either way  
If that unfeeling angel has his way  
And lest I be tempted to ignore  
Last night his touch brushed my core  
Though unknown to all was my intent  
Someone his taking my soul did prevent

Noah Body



PoemHunter.com

# At The End There Is Peace

A great author once said 'Death be not proud'  
Right here and now I must proclaim aloud  
Nay, it is not proud but is a final relief  
Disregarding what ever is your belief  
Whether waits beyond be it heaven or hell  
Or nothing beyond the last toll of the bell  
Life and death are but two sides of a coin  
Each life owes a death by that they do join  
A brief flash in the pan a life is a trial  
So why should you look at death in denial  
Grasp it and welcome it with wide open arms  
For it is the final end of all life's harms  
If there's nothing beyond and I just cease  
Then at last I know that I will find peace

Noah Body



PoemHunter.com

# Self Pity

There is nothing to compare to self disgust  
No way to describe the lack of self trust  
Long ago you stood strong and firm and alone  
Now as a weak sad sack is how you are known  
Self pity is sickening, back then you had none  
Now the disgusting trait has your pride undone  
What you do now simply feeds the deep shame  
But you have only yourself to ever blame  
Stand alone and strong, or die, is the choice  
Never again to self pity will you give voice

Noah Body



PoemHunter.com

# The Fool

I've made of myself a humongous fool  
A sad sack loser, a wasted tool  
Look right here, pity, pity, pity me  
Begging for attention now you see?  
Sickening, disgusting excuse for a man  
Sucking up all pity and attention I can  
Makes me vomit and cringe in despair  
I've lost myself, I don't know where  
Take warning from me, leave me alone  
Even I do myself disown  
Slice and bleed, burn and hurt  
Punishment for all I subvert  
Don't dare reach out, be forewarned  
Sickened even by myself I am scorned  
I promise this, myself I will remove  
And so doing this reality improve

Noah Body



PoemHunter.com

## Masks - Haiku

Holding tight our masks  
We pretend to be alive  
Lost among the stars

Noah Body



PoemHunter.com

# There Is No One To See

There is no one to see  
What is inside of me

The despair that eats away  
My foundations every day

The loneliness that gnaws  
With sharp fang filled jaws

The hopelessness marrow deep  
Eager for my soul to reap

The dark, evil monstrous beast  
Hungry for my blood to feast

At my core the cold empty void  
That is of all life devoid

Noah Body



PoemHunter.com

# What To Do When You Just Can'T Do It Again?

What to do when you just can't do it again?  
When you know now what you didn't know then?  
When enough is no longer enough but too much?  
When no hope is left there's nothing to clutch?  
When you're worn out and at the end of the rope?  
When there's no escape from the slippery slope?  
When just getting up exhausts all your will?  
When to function at all is climbing a hill?  
When the masks are so thick there's no more you?  
When no one exists who even has a slight clue?  
When you're only a fantasy for others to see?  
When from yourself you need to be free?  
When no reserves are left for you to call on?  
When every last ounce of strength is simply gone?

Noah Body



PoemHunter.com

# The Paths We Tread

We were separate and alone  
Drifting, lost, windblown

Fading stars in the dawn  
Magnetically together drawn

Circling round, drawing nearer  
Hope rises and it grows clearer

Someone to share, to connect  
United our lives can resurrect

Hearts pounding, we anticipate  
Crushing loneliness will abate

Twisting fate throws us a curve  
As between us both we observe

The paths we tread simply touch  
Passing by while we may brush

But never do they intersect  
Never will we ever connect

Noah Body

# Through A Raindrop Filtered

Through a raindrop filtered  
Softened and muted the world  
From the world sunlight pilfered  
Gray shades over soul are furled

Drowned inside that sodden tear  
Lost amid dead ghosts of past  
Out there is naught but a smear  
While inside a hole so vast

Through a raindrop distorted  
All things bathed in unreality  
Life has long since been aborted  
Just a twisted, broken fatality

Noah Body



PoemHunter.com

# Swirling Mists Of Illusion

Swirling mists of illusion  
The self is but a delusion

Trapped within winds of time  
Reality is a twisted mime

Nothing matters, nothing real  
Comes the next turn of the wheel

That molds the next deception  
Creates the false perception

That anything at all exists  
Lost inside the swirling mists

Noah Body



PoemHunter.com

# The Fog - Haiku

Thick gray fog rolls in  
Dampening life's beating pulse  
Colors washed away

Noah Body



PoemHunter.com

# The Fog

Cold, damp, musty fog comes creeping  
Blotting the light across the landscape  
Into life's bones the chill is seeping  
Muffles the soul with a thick grey cape

All about are dim shapes without form  
Colorless specters of what once had been  
Twisting and swirling as they transform  
Fade away as their substance grows thin

A cold lightless universe of thick gray  
Direction and distance lose all import  
In stasis or moving impossible to say  
Is it a long way to go or is it so short

Noah Body



PoemHunter.com

# After The Rain The Storm Is Spent

After the rain the storm is spent  
Roiling clouds are by rainbows rent

Golden sunbeams their warmth bestow  
On raindrop dampened earth below

Once wind whipped air now quiescent  
The musty dampness so evanescent

Mother Earth's face washed clean anew  
Life refreshed beneath skies now blue

Noah Body



PoemHunter.com

# I Speak In Code

I speak in code  
Of things forbode

From deep inside  
My twisted mind

Where alien voice  
Assaults all choice

Noah Body



PoemHunter.com

# Anachronism

Ascend among glittering stars  
Stare at life though the bars  
An anachronism is all you are  
Touting love, a song bizarre

Noah Body



PoemHunter.com

# Whispers Of Madness

the world goes up and down, all around  
left and right, inside, outside, never found  
wrung out like a rag til every drop hits the ground  
a river of scarlet screaming madness piercing sound  
in screaming silence the echoes endlessly pound  
tormented souls, tortured hearts in isolation bound  
in despair and loneliness the last hope is drowned  
lost lives never lived in mere existence crowned

Noah Body



PoemHunter.com

# A Brief Respite Outside Of Time

Adrift inside the world tonight  
A shadow untouched by the light  
Separated from discord and unity  
Outside of the human community  
Deep melancholy peace pervades  
Hollow ache weakened o'er decades  
All color right now has gone away  
Perception bathed in shades of gray  
Night's phantoms faintly calling  
Foreign thoughts so enthralling  
Alone with the self in the dark  
Gently nursing the fading spark  
A brief respite outside of time  
Renews the soul, serene, sublime

Noah Body



PoemHunter.com

# Weeping Heavens - A Quinzane

Leaden gray skies dropping tears  
Who are the heavens  
Weeping for?

Noah Body



PoemHunter.com

# The Beast

I cackle with glee  
At your misery  
Blood drips from claws  
I defy humanity's laws  
As I shred your heart  
Bloody tear it apart  
And desecrate your soul  
I merely play at my role  
As I revel in your pain  
You doubt you are sane  
Not knowing I am real  
Making the agony you feel  
Your screams I desire  
Roast soul in hell fire  
The madness I drive  
You're no longer alive  
On your screams I feast  
So call me your beast

Noah Body



PoemHunter.com

# Forever Memories

Memories spin round and round  
Names of friends no longer found  
To whom I gifted a piece of my heart  
Gone but always of me they're a part  
Pursuing their life here or wherever  
I gave them my love, it is forever

Noah Body



PoemHunter.com

# With A Roar And A Cry

With a roar and a cry of 'Cease and desist! '  
They stoked the fires, man I'm so pissed  
Don't tell me what to do, it's not your place  
Dare not or I'll cutoff my nose to spite my face  
Trouble and contrary should be my middle names  
I am deathly sick of all of these games  
To hell with the rules of the dungeon master  
We all burn in hellfire, slower or faster  
For real who bloody cares to what we aspire  
To say we are sane is to prove we're a liar

Noah Body



PoemHunter.com

# The Eternal Battle

The lines formed bravely upon the field  
Trumpets sounded and drummers rolled  
Tender youths determined not to yield  
Faced each other in attitudes bold

One side dressed in white and shining gold  
Bravely bathed in warm sunshine so bright  
Standing forth for right in lines so bold  
Willingly they'll bleed for what is right

Opposing forces wrapped in darkest black  
The grave's own chill hidden by the night  
Hating the light they are eager to attack  
To assert mastery over the denizens of light

Bugles sound and so begins the endless fight  
Chaos reigns, death has come, a river of blood  
Will life win out or shall come eternal blight  
The price, the pain, the red flows in a flood

Crimson fields upon which the battle does rage  
The blood that flows from the drum's first roll  
Each side steadfastly refusing to disengage  
They war and bleed and die to be master of my soul

Noah Body

# The Path, The Promise

Stretching out forever  
Filtered sunlight of gold  
Beneath a canopy of green  
The tale as yet untold

Beyond horizon sight unseen  
An enigma, a mystery, a riddle  
A tune waiting to be written  
Playing out on ghostly fiddle

A covenant not of good or bad  
No hint of what is in the scope  
The promise only ahead is change  
Inside that is found my hope

Noah Body



PoemHunter.com

# Spring

Spring at long last is here!  
Ushered in with resounding cheer!

Days bathed in warm sunlight  
Banish threatening night

The cycle of life begins anew  
Bright colors in endless hue

A promise of beauty to come  
No more darkness to succumb

Hope and dreams forever more  
Soaring over an eternal shore

Life's phoenix arising from dead  
Celebrate life's eternal thread

Life's beauty has begun anew  
For each one of us, me and you

Noah Body

# Wander The Silvery Magical Ethereal Way

Wander the silvery magical ethereal way  
Up an down, in and out, round and round  
Passing beauteous mysteries and phantasms  
All the wondrous mysteries of life abound

Here a tender mother suckling newborn life  
There a toddler surrounded by all things new  
Young children's first steps towards their wings  
Giddy teenagers exploring first love's debut

New adults embattled struggle to find their place  
Young parents challenged to do their very best  
At best dimly aware that they build the future  
As years pass and progeny stray from the nest

Into the gentle and golden age of seniority  
Where experience born wisdom at last if found  
Earned with deep scars and aches and pains  
With leisure to enjoy the life that abounds

And when at last the path leaves this plane  
Who is to say that it is this is the end  
Amid the unknown wonders of this universe  
Can it not be only the start has been penned?

Noah Body

# Look In My Eyes - From My Wife

Look in my eyes and see the man you are  
And not in your soul that sees only pain

Look in my eyes, they shine with love  
For the man that I know you are

Look in my eyes, they do not lie  
May your heart take wing and fly

For you are the man that I adore  
You are my man and so much more

The eyes are windows to the soul  
Look in mine, they say it all

I love you.  
Happy anniversary.

Noah Body



PoemHunter.com

# Cry Me No More Tears

Cry me no more tears  
Tempt me no more laughs  
Kill off all the feelings  
Proclaim their epitaphs

Still all of the chaos  
Nullify all the pain  
Daden all the nerves  
Silence treacherous brain

Onward with gritted teeth  
Steel walls to constrain  
Keep the secret hidden  
Never tell that I'm insane

Noah Body



PoemHunter.com

# Transposition

Guilt and sorrow spin round and round  
No hope of redemption to ever be found  
Say them all no forgiveness is needed  
Screaming sorrow inside is heeded  
Outside and inside visions opposed  
Reality somehow has been transposed

Noah Body



PoemHunter.com

# Reach Out And Grab A Star

Reach out and grab a star  
Ride the light beams from afar  
Not a clue to where it leads  
To future mystery it proceeds

Noah Body



PoemHunter.com

# Heaven Can Wait

Heaven would be hell without you  
Songs of angels shaded in blue  
Eternal sunlight dimmed to gray  
Endless peace shredded in dismay  
When comes to pass my final date  
We go together or heaven can wait

Noah Body



PoemHunter.com

# Just Going Along

Just going along, doing my thing  
Come what may, where it might lead  
Upstream or down it matters not  
Seeking peace but alone is what I need

Passing all by, unseen as a phantom  
Near and afar, o'er the edge and back  
A smoky thin ghost made of smoke

An unseen and unseeable enigma  
Untouched and untouchable forever  
Ever apart from the world around  
No place in reality whatsoever

Noah Body



PoemHunter.com

# Freedom Ahead

Freedom comes when all is lost  
The prize paid at great cost  
When nothing's left and no hope  
No more need to try to cope  
The chips lie where they fall  
Heed at last the beastly call  
Fewer and fewer every day  
Care at all that I go away  
With a whisper comes the end  
Never more to this world offend

Noah Body



PoemHunter.com

# To All A Gurantee

I want to be  
outside of me  
This is my plea  
Let me be free  
The beast's parolee  
A life escapee  
Universal absentee  
Existence deportee  
To all a guarantee  
To save you from me

Noah Body



PoemHunter.com

# A Ghost Who Drifts Among The World

A ghost who drifts among the world  
Control inside an iron fist is curled  
Stressed and cracked and now eroding  
Endless struggle to prevent imploding  
In silence screaming to all and none  
Lost and wandering until life is done  
Not one other permitted ever to see  
There's nothing left, there is no me

Noah Body



PoemHunter.com

# Dark The Fate

Forward and back, round and round  
Existence is spinning all around  
Mind fractured, there and back  
Emotions bleeding under attack  
Soul withering from the assault  
Dark the fate that's been wrought

Noah Body



PoemHunter.com

# The Wings Of Time

Across the wings of time  
I can only speak in rhyme  
Of the torturous depths of hell  
The ringing of death's own bell  
The loss of every tiny hope  
End of the ability to cope  
Loneliness that bleeds the soul  
Despair extracts a heavy toll  
No other soul can understand  
Lest they've lived it first hand  
It's clear no recourse is there  
To cease to be is all that's fair

Noah Body



PoemHunter.com

# Illusion

It is all just an illusion  
A painful, bloody contusion  
Reality so adverse  
Silently rage and curse  
Lost in endless confusion

Noah Body



PoemHunter.com

# Eternal Bed

Sinking, sinking into the night  
As proceeds the dying of the light

Naught but I know where this trends  
Ever more certain of where it ends

An icy cold grave calling me nigh  
Pushing up daisies towards the sky

Agony reverberating inside my head  
Only ends buried in my eternal bed

Noah Body



PoemHunter.com

# A New Year Dawns

A new year dawns  
The old one passes  
Amid wild cheers  
of screaming masses

Yet I cannot help  
The shedding a tear  
What's past is gone  
The future's unclear

So many have gone by  
Now part of history  
And what is to come  
Is such a mystery

Thanks be for all  
Who have touched me  
And all yet to come  
Whom I cannot foresee

Noah Body

# The Redoubt

Move back behind the walls  
Where no one ever calls  
And no teardrop ever falls

Never a part of this world  
In the corner I am curled  
Shadows all around me swirled

Fortifications ever battered  
As if I've ever mattered  
Inside them all is shattered

Stout door closed behind a veil  
Poised to repel any who assail  
Lest they hear me when I wail

Never more assault this redoubt  
Where all the world is shut out  
And hope's scarcity rings out

Noah Body

# A Wanderer

A wanderer in an empty world  
Deep shadows over all unfurled

Lost and lonely circles of light  
Feebly try to push back the night

The stars still twinkle way up high  
Among the trees the winds still sigh

On sandy shores waves still roll  
Amid the normalcy one lost soul

Amid the darkness thoughts swirled  
Endlessly he wanders an empty world

Noah Body



PoemHunter.com

# Having Fun

Mmmm... the smell of blue cheese  
as it wafts in on the breeze  
When I've downed it all with style  
I will have to waddle down the aisle  
Now let me tell you more arcana  
Then they'll typecast me as Santa  
And when I have to pass some gas  
A zephyr won't come out my ass  
So don't dare to strike a spark  
A conflagration leaves a mark  
Glad I ate it before it spoiled  
Although my stomach done roiled  
Now to the john I go with speed  
'Cause the thingamajig's what I need  
What I leave's not mother of pearl  
Surely it will make your toes curl  
Help! I've sat in Gorilla glue  
My stomach getting queasy too  
Imbecile! Getting up will be so rough  
Pull my hair and down falls dandruff  
Grit my teeth, be brave and standup  
No way, I guess I'll need a handup

Noah Body

# The Beast And The Heart

The beast (the head) :

Fly away quickly, fly far away  
Listen closely to me as I say

You don't belong in this world  
Hide in the dark corner curled

Pay attention, I tell you true  
No one wants to deal with you

Run away lest the be made to pay  
For caring at all on any day

Self pity and madness all are you  
Push them away 'fore they suffer too

What? You won't? Is that what you say?  
You'd risk their pain and not keep away?

You fool, so selfish and headstrong  
Don't you see that you do them wrong?

The heart:

But hearts are not made to be alone  
These are the best I have ever known

More than friends, family they are  
How can I love them all from afar?

Before their pain I willingly bleed  
Run away? Oh what a traitorous deed

As a rejection is how it will seem  
Down my cheeks hot tears will teem

They've done naught to deserve such

Running away has got to be too much

To dare trade one hurt for the other  
A devil's choice, oh dear, oh brother

Enough. Hush up you devilish beast  
I'll hear no more before I am fleeced

The choice is not mine, never was it  
It is theirs to choose, mine to submit

Noah Body

# Out Of Space And Out Of Time

Out of space and out of time  
Waiting for that magic chime  
A bell rings when all is done  
Signals goodbye to everyone

Tic toc tic toc tic toc  
Ever onward goes the clock  
Never back and it cannot pause  
There is but one escape clause

Whirling round, over the top  
Will it never, ever stop?  
Voices rebound forth and back  
Cunning beast plots his attack

Vicious onslaught on the walls  
Against the attack all life palls  
Darkened shadows enshroud my soul  
Within the light I am but a hole

Noah Body

# The Blossom Failing (Haiku)

The blossom failing  
Overcome by gravity  
Giving all, it ends

Noah Body



PoemHunter.com

# Are You Real?

Are you real?  
Do you feel?  
The emptiness?  
God won't bless  
A heart of stone  
That's all alone  
In this world  
Pain unfurled  
Hear the voice  
Just no choice

Noah Body



PoemHunter.com

# Eternity And More Just To Pay

Staring deep inside those eyes  
Falling into bottomless fire  
I should escape now if I am wise  
Before I burn up upon their pyre

It's now too late to turn away  
Ensnared by smoky heat inside  
Eternity and more just to pay  
My soul with yours will abide

Noah Body



PoemHunter.com

# Shifting Rules

Someone is redefining all the rules  
Not near what I learned in the schools  
Friends and enemies blend into one  
A twisting knot writhing in the sun  
The ground shifting beneath my feet  
Keeps knocking me down onto my seat  
Not knowing What is up and what is down  
Is spinning my head all round and round

Noah Body



PoemHunter.com

# A Date With Fate

A selfish act do I contemplate  
This mask, I can't take it's weight  
Escape the world before it's too late  
Destined for this right from the gate  
No peace will ever my soul sedate  
With the grim reaper I have a date  
Never regret what was always my fate

Noah Body



PoemHunter.com

# Colors Of The Seasons

Summer is vibrant greens bursting with energetic life.

Autumn is a riot of color splashed across the canvas of life.

Winter is dormant, done in shades of gray and black and white.

Spring is tentative browns and newly birthed greens.

Noah Body



PoemHunter.com

# In For A Penny, In For A Buck

In for a penny, in for a buck  
I just have never had such luck

When my very life I tried to end  
The paramedics, me they did mend

Existence was all that was left me  
Never more to live, simply to be

Way back then I really did die  
To all I have even said good bye

Settled was every last affair  
Yet I continue to breathe air

It was no favor they did for me  
Only others glad I continued to be

Why was my death not nearly enough  
They won't release me without rebuff

Noah Body

# Pills, Pills, The Magical Fruit

One pill for this, another for that  
Until my head knows not where it's at

Up and down and all round and round  
Soon I'll be inside the lost and found

Which way is up and which way is down  
Wait, am I wearing a princess's gown

But no complaining ever will I do  
A week without and I lived in a shoe

So those dreaded, hated magical pills  
It is clear they help with my ills

Noah Body



PoemHunter.com

# Evil Little Whispers

Evil little whispers between the ears  
Pushing, pushing, trying for tears

Tiny nuggets all filled up with hate  
Insistent assertions of doom by fate

Poison filled daggers cause such pain  
Bending, twisting, warping the brain

Simple whispers so maliciously bent  
A cacophonous silence of evil intent

Driving the mind beyond edge of madness  
Agonized screams fill it with gladness

Keep pushing until the embrace of death  
When at last has ceased very last breath

Noah Body



PoemHunter.com

# About Me

First... I do NOT write poetry. My fingers do with little interaction from me. For me it is a necessity to get it out of me. I have a mental disorder that builds up until it approaches the explosion point if I do not vent it.

PoemHunter is a natural storage spot for me. It is necessary because someday my daughter wants to write a book about my life with the beast. She wants to include whatever she considers to be my better poems so it is important I do not lose them. So I keep them on my PC and on here for safe keeping.

I do not spend much time here and do very little reading. I did try but it just - dunno - doesn't fit. I did like when the subscriptions worked and I could get poem of the day, etc emailed to me. That way I did read some users writes. And rate and comment where appropriate.

However I do not do exchanges of 'buy' views, ratings or comments. If you want to read me, fine. Want to leave a rating or comment, fine. Sometimes I will even check you out in return. But certainly leaving a comment and then messaging me, essentially asking for a quid pro quo, will not work. It really does not matter to me if anyone reads me at all. Like I said... this is a storage spot for me.

But I do enjoy poetry and sometimes, though rarely, I will browse what's here. Mostly I live in my blog and my cave.

Sorry if any of this disappoints you but you are not in any way being asked to read anything I have written.

Thank you and nice to meet you.

Noah Body

# Layers

Layers upon layers upon layers  
Peel back one to reveal another  
Inside each just more players  
So thick they make me smother

Like an onion they just go deeper  
Open them one at a time to see  
Way down inside I'm not a keeper  
In rotted core there is no me

Noah Body



PoemHunter.com

# Echoes Of Silence

The echoes of silence ring through the halls  
Reverberating back and forth from the walls

At times the sound of silence is penetrating  
Intense decibels start eardrums disintegrating

Intense waves of silence washing back and forth  
Screams of silence insuring turmoil henceforth

A massive weight this killing lack of sound  
Bouncing between the ears round and round

Until a bullet ventilates the top of the head  
Loosing the silence and then you are dead

After the cessation of extreme violence  
At the end you are left with - silence

Noah Body



PoemHunter.com

# Pills, Pills, Endlessly More Pills

Pills, pills, endlessly more pills  
Pop a handful to cure all your ills

Whenever one doesn't sit well with me  
I pop another one to fix it you see

The beast's echoes ring in my head?  
Then just take the other one instead

Down, down way down beneath the ground?  
Certainly a pill for that can be found

On top of the mount and the air is rare?  
Eat one of those pills right over there

Without modern chemistry how would we live?  
Easy - With love for all in our hearts to give

Noah Body



PoemHunter.com

# Lost In Time, Lost In Space

Lost in time, lost in space  
Never will I join this race

Soldier ants make their rounds  
I just sit here out of bounds

Rocky walls are all around  
Blocking life that abounds

Lost connections slip away  
Came to play, lost today

Sitting here in the dark  
To life's call cannot hark

All alone, locked far away  
Maybe I'll live another day

Noah Body



PoemHunter.com

# I'M Sorry

I'm sorry is but a song we sing  
When we break someone's wing

Worthless words in the air  
If when spoken we don't care

If inside us they are real  
Broken hearts they may heal

Noah Body



PoemHunter.com

# Masks

Masks cover layers unseen  
Hide tears behind a screen  
Keep out the world so mean  
Heart saved from edge so keen

Layers upon layers so deep  
Our souls in safety do keep  
E'er the watch forsakes sleep  
Save us from the pain we reap

One mask, two masks, three  
Hide us so not one can see  
Except those we make trustee  
Even then they cannot see me

Noah Body



PoemHunter.com

# A New Day Dawns

The sun at last has risen  
A golden orb in the East  
Magical rays bathing all  
A sight for eyes to feast

Cloudless cyan blue sky  
Set aglow by golden light  
Endless expanse of magic  
All the world now so bright

Evil darkness gone at last  
Vanquished by mighty sun  
It may be just one day  
But take each and every one

Gloria from on high above  
All awash in golden rays  
The dark is ever creeping  
For now sun fills the days

Noah Body

# Sometimes You Just Need To Bleed

Sometimes you just need to bleed  
To make the pain so real indeed

To turn it away from deep inside  
Bring it out where it can't hide

Keep from eating your brain alive  
Manifest reality so you survive

Bare it for the entire world to see  
Prevent it eating all inside of thee

Loose the monster to rant and rave  
In order for sanity you can save

Noah Body



PoemHunter.com

# The Walls Keep On Growing

The walls keep on growing  
But cracks are now showing

To each one I apply plaster  
Going faster and even faster

They spread ever quicker  
Keep growing ever thicker

Soon the walls will shatter  
It will no longer matter

Leaving me no place to hide  
At last I will have died

Noah Body



PoemHunter.com

# Dreams And Time

It seems  
That dreams  
Go on  
And on  
Forever  
And ever  
While time  
sublime  
drags out  
no doubt  
slowing  
growing  
creeping  
sleeping  
so slow  
I know

Noah Body



PoemHunter.com

# To Two Beautiful People

To Two Beautiful People  
With hearts of gold  
And souls so pure  
You know who you are

Awesome a most rare trait  
Both you are here by fate  
Two hearts in one place  
Who never once me debase

Friend like you a true gift  
When through madness I sift  
Run as I might from you  
You say I'm important too

Thank you is never enough  
Sobs make my voice rough  
I owe you both very much  
Broken heart you did touch

Noah Body

# My Thin Veneer

Don't look behind my thin veneer  
Or you will see me hiding here  
Bared to the world I cannot be  
Never can I let all others see  
The cold, dark evil monster thing  
Awaiting to outward insanity fling  
So I cower beneath a pitiful shell  
And not a soul to confront my hell

Noah Body



PoemHunter.com

# The Naani Poetry Form

A Naani poem has 4 lines. The total number of syllables in the poem are between 20 to 25. While the poem does not have to be about a particular subject it is often about human relations or current statements.

## Examples

### Balancing Act

Life is a tightrope  
Sometimes you will fall  
But step out in faith  
You are only inches off the ground - written by juliajames

In this example, the Naani poem has 24 syllables. It should have between 20 and 25.



PoemHunter.com

### Gifts of Love

I marvel at birds on wing  
What springtime will bring  
So many things are our reward  
Given by our Lord.  
- written by boberto

### Debtor's Hell

Crafty bankers sell  
intangible wares so well,  
ringing every bell  
while sending souls to earthly hell.  
- written by fairydancer

They do not have to rhyme but I prefer to make them so.  
I find them very useful for quickly enumerating how I  
feel at that time

Noah Body

# Chaos And Discord - A Naani Poem

Total Chaos and discord  
Through my life roared  
Such I would not be bored  
Towards death I was lured

Noah Body



PoemHunter.com

# False Comfort - A Naani Poem

Xanax is a magic trick  
Hits me like a red brick  
Pushes the world away  
Keeps the evil at bay

Noah Body



PoemHunter.com

# Lying Sunlight - A Naani Poem

The sun is so bright  
Falsely hides the night  
Keeping it out of sight  
But never makes it right

Noah Body



PoemHunter.com

# Dark Dreams - A Naani Poem

So many dreams each night  
Dark but there's no fright  
Not one causes emotion  
Cold gray like the ocean

Noah Body



PoemHunter.com

# Being Human - A Naani Poem

To be human is to give  
of oneself, to live  
Sharing love with all  
Connections prevent a fall

Noah Body



PoemHunter.com

# The Man Who Lived In Layers

Once upon a time there was a man  
who lived in layers.

The outer one most everyone saw.

Next the one only special people saw.

Inside that the one reserved  
for true friends and family.

Beyond that the one he himself saw.

Each succeeding layer got darker and darker

Next the final layer, the one no one saw.  
Not even he himself.

For the smell of decay and rot,  
The palpable darkness  
The intense evil kept anyone  
from getting close enough to see.

Then the layers began to flake away  
One by one they fell away to dust  
And every one began to see deeper

Until one day the unthinkable happened  
That evil, cold dark was revealed

And the man vanished,  
never to be seen again.

Noah Body

# Hey Big Guy, My Kindred Soul

Hey big guy, my kindred soul  
You and, I together we roll

Larger than life I am to you  
More than human you are too

We share the same hated meds  
Screw all those floating heads

As a team we fight the madness  
Keep at bay the evil badness

Last night for a bit you left  
For once your life suffered theft

As one we've dealt for a while  
Tonight I bring you love in a vial

To wrap you warm and snug at night  
When so alone you face the fright

Be well and heal my more than friend  
Yet I understand if this is your end

Of all we both know life in hell  
We know when to ring final bell

For the family I promise to care  
You beside us all from up there

Noah Body

# Where Once Upon A Morn So Dreary

Where once upon a morn so dreary  
I woke miserable in mood so weary  
And moped about in attitude foul  
Returning hugs with a nasty scowl

The sun break through and did shine  
Upon that ugly countenance of mine  
Lo and behold a bright smile birthed  
Then my better joyful self unearthed

Noah Body



PoemHunter.com

# A Choice Most Dreadful

I want to make a bold statement  
Before starts my brain abatement

So too wise and thoughtful to say  
This is the permanent end of day

Psychotropics the cycles to still  
Each and every one a bitter pill

My cycles are not all they kill  
All logical thought, all my will

My heart beats no longer feeling  
Personality they send ever reeling

All that me part of the human race  
Away to nada land they do chase

Without them a madman is now me  
With them a nothing is what I see

So now this is the dreadful choice  
Be a madman or a zombie without voice

A choice most dreadful to face  
Complicated by the violent pace

Noah Body

# Puffy White Cotton

Puffy white cotton way up in the sky  
Upon a vast canvas of azure blue  
Run, take wing, with them up high  
Peace and serenity is there for you

Noah Body



PoemHunter.com

# You Prayed For Help

You prayed for help  
And so to you I came  
To lend you strength  
To withstand the pain

You just could not see  
Lost in deepest despair  
It was too difficult  
To accept I did care

Those pills were never  
Your life meant to end  
To answer your prayers  
Is why me God did send

Noah Body



PoemHunter.com

# Where There Once Was Dark

Yesterday all was dark and gloomy  
My life's outlook was all dreary  
My heart was broken, my soul tattered  
Couldn't see, my eyes were all teary

My world was ending bit by bit  
The pain - it was indescribable  
Loneliness was tearing me in two  
The despair was insurmountable

I stood in the pit and all was black  
I never thought I'd climb out of it  
I simply could not see any way out  
I was dying inside, bit by bit

Then along came a miracle  
And though for you it be small  
It changed things for me  
Changed them once and for all

And today where there once was dark  
Now I can see naught but the light  
My world has changed for the better  
It is truly a most wonderful sight

Where pain once wracked my soul  
Where yesterday my heart was broken  
Now I sing songs of joy and love  
For at last my heart has spoken

It tells me tales of wonders great  
Of joy and peace and wondrous love  
Tales to rival those told in the Bible  
Tales told Of God's own heaven above

My heart and soul both leap and bound  
Through fields of the most verdant green  
Under a sun made of glowing gold  
It's the grandest thing I've ever seen

And though I know not what tomorrow brings  
Darkness and despair or joy and light  
Right here and now, for this wonderful day  
I will bask in the joy of all that's right

Noah Body

# When Evil Beastie's Head First Reared

One pill, two pill, three pill, four  
Never see sanity, never, no more  
Slingshot propels me to outer space  
Among humanity there's simply no place  
A Saturn V lights off under my ass  
Beyond go I will never again pass  
Damn it all there exists no solution  
To the voices that are mind's pollution  
Tears they kill me, there's no reason  
Even worse dark comes with the season  
Crumbling, dissolving soon nothing left  
My heart and soul are of life bereft  
Reality last night with madness imbued  
On and on destruction was rainbow hued  
Sanity, stability long ago disappeared  
When evil beastie's head first reared

Noah Body



PoemHunter.com

# Two Hearts As One

Ensnared on high Where once we glided  
Enmeshed in leafy green branches we abided

Two hearts made one soared way up high  
Never a need to question or wonder why

Forever and a day inseparably wedded  
Roots and branches together threaded

Both hearts in tandem rhythm beating  
Our eternity in the end was fleeting

The day you went on to final reward  
Was the last that my heart ever soared

Leafy boughs gave way to gnarled knots  
Hot tears corrode in darkened spots

And way up high upon that silent swing  
My heart is left forever a lonely thing

Noah Body

# Haiku - Conflict

Animal nature  
Resents higher ideals  
Who is the victor?

Noah Body



PoemHunter.com

# Blinders Removed

First in childhood's innocence do we see clearly  
Without shadowed, twisted judgments, open to all  
No blinders inhibit us from loving all sincerely  
Unaware of maturity remorselessly driving our fall

We age, learn and grow wise yet are blind to the lie  
Life's falsities wash out all colors of the world  
Focused on ground's pathway losing sight of the sky  
The magical child withers while in dark corner curled

Foolishly ignoring all of the growing obsessions  
Climbing the ladder, ever more desperate to accumulate  
Inner child dying under endless pursuit of possessions  
Colors fade to gray, our last chance before it's too late

Pure luck or a blessing but my eyes are again clear  
I know the long lies with which I have been blinded  
I bought into it, believed it was me they held dear  
Actions more than words show truly what they all minded

Deb, God bless her, managed it despite all the pain  
With strength and fortitude all over she started  
As surely for her my fears drive tears down like rain  
As from the fakes and liars we're finally parted

Is it not more honest to be all alone when one dies  
Then to allow ones self to be fooled by endless lies

To be so weak and needy as to accept such disregard  
Self respect and all honor has severely been scarred

God give me strength and fortitude for this to correct  
For once and for all to leave behind their disrespect

Noah Body

# The Peace Of A Bee

Humanity is at the apex of evolution  
A culmination, the truly final solution

Capable of surpassing physical limits  
Scaling even the highest if summits

Answering questions of deepest physics  
Defining solutions that defied specifics

Metaphysical and mystic realms we explored  
Bursting all limits above all we soared

While the birds and bees merely survived  
And for eons they went on and they thrived

Never giving pause to such deep set things  
Focused only on lives bought with their wings

Shelter and food and reproduction their goal  
For weightier matters they care not for a soul

No madness weighs down their busy lives  
Depression never locks them into their hives

Neither BPD nor PTSD locks them in stasis  
Or keeps them from going through life's paces

Despair, despite, loneliness are not issues  
Never must they wipe away tears with tissues

Self harm and suicide are not found in their being  
For the wonders of the world they eternally are seeing

So tell me now who is really at evolution's crest?  
Are humans really the result of nature's best?

What cost to us to arrive at the top of the tree?  
When not one human can embrace the peace of a bee?

Noah Body

# Haiku

The deformed petal  
Rejected falls to the earth  
Eternally alone

Noah Body



PoemHunter.com

# End Of Days

Time drags on and on forever  
Seconds become minutes and  
Minutes become hours become days  
When is the end of days?

Noah Body



PoemHunter.com

# An Angel Came To Me One Day

An angel came to me one day  
In self pity I pushed him away  
He returned with a mighty host  
Too late for I was now a ghost  
Hold my hand he pleaded with me  
I bring caring hearts for thee  
Darkness ruled, I could not accept  
Leave me alone in hot tears I wept  
Self pity does my soul corrupt  
From agony does madness erupt  
Leave me alone, no love I deserve  
From a icy cold grave never swerve  
Few friends perhaps did truly care  
I cut them all out in deep despair  
Earned what I got tis really true  
By what right do I this end rue?

Noah Body



PoemHunter.com

# Tic Toc

tic toc goes the clock  
soon it is time  
to get off this rock

Noah Body



PoemHunter.com

# No Other Method To Find

the end is nigh  
oh what a high  
on a rope to swing  
it means nothing  
it's of little note  
in the wind to float  
the lonely 3 AM hour  
end of beast's power  
Intensely focus the mind  
no other method to find

Noah Body



PoemHunter.com

# The World's Own Gain

black depression.... blacker than midnight  
soul crushing... i must keep outta sight  
in the cave... buried deep, endlessly rave  
no one must hear... a refugee from the grave  
tread lightly... dare you not a comment make  
it's not for you... nor even for my own sake  
wonder why, wgaf... it really doesn't matter  
once it's done... on the walls a gory splatter  
the end of time... or merely the end of mind  
who will be stuck... with the mess left behind  
fire hose inundates... me running down the drain  
so it passes... my end, the world's own gain

Noah Body



PoemHunter.com

# High Atop A Crumbling Peak

High atop a crumbling peak  
Whipped by driven gales  
Eager to hurl me off  
Up above a gray, turbulent sky  
Writhes with the beat of madness  
Split asunder in violent cracks  
Jagged flashes rend tumultuous clouds  
Birthing ionized radicals  
And crushing sonic booms  
Pounding frozen hydrogen dioxide  
Predatory in it's focused intent  
Single mindedly bent upon destruction  
Hungry in it's need to smash me down

On one side the one time haven  
A turbulent, throbbing, seething mass  
Inundates the defensive levees  
Smashing them with driven madness  
All succor lost to passing eons  
Now suppurates in ttwisted chaos

The other side an abysmal pit  
Infinite immensity raging with hate  
A malevolent icy cold darkness  
Rife with turbulent hell fire  
A sea of conflagrant teeth  
Ravenously needful to burn and shred  
Heart, soul and mind to eradicate

Precarious atop the vanishing peak  
The battered protective bubble stressed  
By the endless eons of savage assault  
Depleted beyond exhaustion's boundary  
Degraded by spider webbed fractures  
Still holds against unrelenting onslaught  
How much more can it's integrity take?  
How long can it continue to endure?  
At what point comes the final rupture?  
That presages the end of all that's me?

Noah Body

# Treasured Days

Some days are simply treasures  
Full of love and life's pleasures

Sunlight and warmth fill the sky  
Loved ones bring tears to the eye

In contrast to the long dark night  
Fires of hell, a despairing blight

Magical is the return of the light  
To find love and life shining bright

Regardless how rare the bright times  
Of life and hope they're ringing chimes

Empowering me to keep marching on  
Until next time all light is gone

Noah Body



PoemHunter.com

# Behind Locked Doors

A miserable, damp chill brings shivers  
Dim grayness stretches behind and ahead  
Cold stone walls drip tears down in rivers  
Locked rusted doors fill the soul with dread

Fading in the distance of an endless hall  
Onward, ever onward, into eternal dark  
Resisting their pull, not heeding their call  
Knowing behind one flickers life's spark

From so many doors it's impossible to choose  
When endlessly new ones materialize anew  
Open the wrong one and there is much to lose  
Behind only one can life be found for you

All others lock away a variety of things  
Vibrant magic and beauty lie behind a few  
Chaos and madness from some piercingly rings  
Evil dark lurks in others planning it's coup

One thing in common have all of those locks  
Except the two that hide life and the grave  
Great pain and hot tears await like a pox  
Which one is it that will your sanity save?

Noah Body

# The Shadows Have Voices

The shadows have voices  
They're bone chillingly cold  
They restrict all the choices  
Until death comes as foretold

The shadows pulsate with lust  
Eager to cause shrieks of pain  
To crush every soul into dust  
Until tears fall down like the rain

The shadows are voracious  
Ravenous to annihilate the light  
In their hunger so predaceous  
Wantonly pressing onward the fight

The shadows inevitably will win  
For when light's fuel is devoured  
Life's last hope they will do in  
Darkness eternally empowered

Noah Body

# Silence

Silence reverberates from the walls  
Shreds heart and soul with it's claws

It's shrieks draw blood from my ears  
Bloody cheeks bathed in hot tears

Echoes undampened by darkened void  
Intensely pound until sanity's destroyed

Endless silent decibels tear peace asunder  
Forever roaring louder than violent thunder

Noah Body



PoemHunter.com

# Yeah....

What to do when you cannot live and cannot die?  
When every second of every day is naught but a lie?  
Why condemned to go on dying in a hell ever lasting?  
Many masks to fit in yet never a role to be was casting

Noah Body



PoemHunter.com

# Conception's Debt

Lost in time, lost in space  
Never one of the human race  
Here today but gone tomorrow  
Never let there be any sorrow  
At conception each owes a death  
A moment comes the end of breath  
I hear it counts not how one dies  
How you live's what wins the prize  
If forever you've been dead inside  
Dying's nothing from which to hide

Noah Body



PoemHunter.com

# In The End There's Just Me

The noose is loose, cessation induce  
A lead pellet will end the mad zealot  
A lungful of gas to bring it to pass  
Bottles of pills will end all the ills  
A date with a wall in response to it's call  
Swan dive in the river an end will deliver

A myriad of ways to end all these days  
The angel of mercy refuses perversely  
Yet hell's own demon makes me a freeman  
In the grave is found life and end of the strife  
It's time to be selfish when evermore is hellish

When other's count more your needs you ignore  
It perpetuates hell when in a vacuum you yell  
To bleed to spare them pain is worse than insane  
Does self's agony count when it they discount  
They'd see you in anguish so painfree they languish  
In the end there's just me to set myself free

Noah Body

# A Gift - From A Friend June 21,2009

To look in your eyes  
see tears shining there  
touched a part of my soul  
almost more than I could bear

I can still feel your fingers  
as they gently stroked my face  
your soft kisses on my skin  
the tightness of our embrace

As your hand slid up my thigh  
my whole body ached  
wanting you to touch me  
almost more than I could take

The emotions so strong  
showing in your eyes  
made me tremble with wanting  
that had to be denied

I will hold in my heart  
this beautiful memory  
tucked way in the back  
for only me to see

A moment in time  
brought me so much pleasure  
You are a gift, my friend  
One I will always treasure

Noah Body

# The Night Is Dark And Full Ff Terrors

The night is dark and full of terrors  
The most terrible are my own errors

Evil beasts feast upon brightest light  
Birth icy hot tears that blot all sight

Tendrils buried deep in creviced mind  
Rewire the ego leaving self maligned

Shadows need light for their production  
Dark is eternal after the light's destruction

Noah Body



PoemHunter.com

# Conflagration

A hungry conflagration consuming all  
Fueled by rage unheeded of heart's call  
Sears the soul then scorches the mind  
A violent tempest all reason does unbind

The flames without are birthed within  
A tortured soul all there has ever been  
Never to abide this worthless entity  
Loathsome despite destroys serenity

Baseless indictments strewn around  
Unjustly berating each one that's found  
When truly self is the target execrated  
Apologies pointlessly too far belated

Excoriation of others is forever unjust  
When hatred of self is the source of lust  
Shameful is the complete loss of control  
The desire is to shred one's own soul

Noah Body

# A Dark Moon Rising

A dark moon is rising in the east  
Amid crackling peels of thunder  
The icy evil of the hateful beast  
Squalling tempest rips asunder

Cold shivers of dark, evil tidings  
Goosebumps peppering the flesh  
Three horsemen pounding ridings  
The darkness all souls to enmesh

Madness to madness multiplying  
Moments pass each one worse  
Heart and soul begin the dying  
No turning aside the vile curse

To what ends contest the light?  
Endless striving must wear down  
Light's exhaustion leaves only night  
Lonely graves in the end abound

Noah Body

# Human Family - Butterfly Cinquain

Journey  
Beyond the me  
To union, let it be  
Brother, sister, future you see?  
The we  
Each of us a leaf on the tree  
Tied in real unity  
Now can you see?  
Family

Noah Body



PoemHunter.com

# Dawning

Dawning

Solar daybreak

Golden raybursts rising

Promise birthing anew aloft

Rebirth?

Noah Body



PoemHunter.com

# Friendship Destroyed - Cinquain

Friendship  
Golden starlight  
Alter ego destroyed  
Hated madness ever despair  
Lonely

Noah Body



PoemHunter.com

# Mythology Fulfilled

I soared on waxen wings high above the pit  
An intensely rapid flight, higher, ever higher  
Mythology fulfilled, too close to blazing orb  
Wings melted, I plunged down into hell fire

Up, down, whirling about, round and round  
Mind twisted, evil thoughts bred of the beast  
Soul shredded, bloody wounds old and new  
Agonized torment, self despite ever unreleased

The grave's icy darkness suffuses the cave  
Despair and loneliness permeates the air  
Fumes of bubbling madness roil about  
Paralyzing fear of the life that's out there

Safely ensconced inside the stone walls  
In there I will never be faced with myself  
Protecting the world from the vile tempest  
Interring for eternity this most ugly elf

Noah Body

# I Need

I need...

I need to put this madness to bed...  
I need to excise the dark thoughts...  
I need to excoriate this evil....  
I need to put it into words  
And let it go... into the ether  
I need to purge it all...  
I need to connect....  
God help me, forgive me  
But I need someone....  
Pitiful, shameful, disgraceful...  
I need....  
How entirely disgusting....  
Need....  
I hate the need....  
I despise the need....  
I... Oh God I know not what  
I was going to help others?  
I cannot help myself...  
A joke... a disgrace....  
How pitifully weak....  
I need.....  
I need this to end.....  
Finally, forever....  
Just cease  
As if it never was....  
Simply melt away.....  
I need...  
What right have I  
To expect anyone to care  
I need.....  
And WGAF?  
Not even I.....

Noah Body

# Truthful Honesty At Least In Part

Skin caressed by a gentle breeze  
Soul bathed in warm sunshine  
A pure miracle, my mind at ease  
Drifting, floating, outside of time

A most precious life began today  
So important to most dear friend  
May he be the light to show the way  
That proves life's worth to defend

God grant peace to all my friends  
Past, present and any yet to be  
Never forget one beyond life's ends  
Happiness ever be what they see

It's always been them that I failed  
With wife, kids and grands there too  
Never deserving the love they hailed  
Or the pain I force them to accrue

If only I could do it all one more time  
Never would I allow one heart to care  
Not even once permit myself to slime  
The beautiful hearts that once did dare

Noah Body

# My Walls

Behind forbidding immense walls ever to dwell  
Built to restrain an intensely personal hell  
Primary function not to protect me from you  
Instead to insure you never share my hell too

Beautiful hearts work to disassemble the walls  
Heart to heart ever their love to me calls  
But the evil cold darkness hiding on the inside  
Would destroy all the beauty, that I cannot abide

So in raging madness forced repeatedly to flee  
Desperately repairing the walls to imprison me  
So the evil beast inside can harm no one I love  
Keep them safe from me is my plea to God above

Noah Body



PoemHunter.com

# The Real, True Power

Shut up in my tiny little room  
Behind a locked door  
All lights turned off  
With only the glow of this screen

The silence so loud it draws blood from my ears  
The darkness has the mass of a black hole  
And sucks me in, shredding every particle  
Past the event horizon, never to return

Alone seeps outward through pores  
Filling space all around like plasma  
On the inside it is born  
Yet it fills reality to overflowing

Out of darkness we are born  
Into darkness we pass in death  
In darkness I exist, never live  
Darkness.... a true friend that never leaves

Icy cold and evil, composed of self despite  
Contagion, true poison, bearing destruction  
Out of the dark, through the dark, into the dark

The dark is the true power behind everything  
Never needing exertion to promulgate  
Simply needs be to lie back and wait  
For the light to exhaust itself

Noah Body

# Just Out Of Reach

Life is out there just out of reach  
My grandkids, how can I ever teach  
Them to live a reality never was mine  
From inside only ever comes the sign

Do not ever look to my madness  
For you never that killing sadness  
Naught is anything to hold dear  
All that's left to die without fear

Noah Body



PoemHunter.com

# A Tribute To Those Who Tried

A squad of tiny soldiers with hearts of gold  
No better on this planet let it ever be told  
Some strong, some broken, empathetic all  
Reaching out to touch lest you should fall

There's Deb set on finding her happy spot  
Despite the pain he caused gives all she's got

Then Tim who's belief in nature's power  
Wafts across lives like the scent of a flower

Mike's wisdom learned on life's long railroads  
Formed a faith based on love, not archaic codes

The wise poet educated in Alaska's icy expanse  
Imparting hard earned lessons in rhythmic cadence

Dear Marion, sensuous sexy Tuesday's queen  
Full of passion yet her trials are never to be seen

Sweet Sharon of anyone never had an evil thought  
Writer of magic tales that beauty to all have brought

Walkabout a knight in shining armor in every way  
Gave his love to those in need to brighten their day

Chris has her struggles to make sense of the letters  
Tearing through poetry forms, breaking her fetters

Rinshi writer from India where wisdom is found in mystery  
No kinder, more loving soul has existed in all of history

Grace who's lover is rooted deep in her warm heart  
Didn't hesitate to of that heart share with me a part

Alishia so eagerly reaches out to touch all our souls  
Of the list of beautiful people definitely on the rolls

Eyes whose beauty from her lighthouse touches all  
Sweet and loving, holding on so you just can't fall

Firewalker shy Sherlock from whom there's no hiding  
Always there even when yourself you're not abiding

Nightsong with learned verse yet a very deep warm pool  
Quietly follows regardless how often one acts the fool

Gina crazy as a hatter, bringer of laughter and smiles  
Wild and wicked, a heart that shines over all the miles

Sharn relentlessly transforming a house to a home  
Yet a biker - tell me in the wind does she ever roam?

Boots retailer of note and determined tiny flower slayer  
Cutting wit and humor with tales that have many a layer

Toby a hero and inspiration way beyond compare  
Faces another trial, prayers I daily lift into the air

Tiggers with deep pain yet ever bouncing on her tail  
Spreading positivity over everyone without fail

Next the broken soldiers bravely facing a daily hell  
Struggling ever their private demons to dispel

Donna hurting yet determined to make it alone  
Reaches out when she hears an agonized moan

Vicki shy and frightened struggling a life to make  
Strangely my advice she always wants to take

Arthur whose life has been stolen away  
Never hesitates to try to take my pain away

And some very special soldiers, important to me  
Ever by my side they once promised to be

Dreamy sister of my heart struggling to be accepted  
Yet from her life me she has never once excepted

Laurie so strong and proud forging a future for her kids  
Let someone cross her or a friend and off she'll blow the lids

Dearest Sue, steadfast and visionary, has my love and respect  
Repeatedly she was warned and now finally all is wrecked

Carole bravely buries it lest it should dare dim her light  
Please God don't let me hurt her too with my evil blight

Last but far from least a God given gift to me  
The only one who behind the masks does see

Iris another whose life was stolen by an evil beast  
Holds my heart with love until madness has ceased

To tell it truly there have been many, many more on that site  
For those I've not mentioned pardon but my memory's a fright

Noah Body

# Just One Tiny Clue

I am... I have no clue  
Just what am I?  
Or maybe ask who?  
Am I just a lie?

Would you give a hint?  
Just one tiny clue?  
I would give a mint  
To just know who

Noah Body



PoemHunter.com

# The Invisible Man

Faces look but they don't see  
The jagged shards inside of me

Not a soul even dares to ask  
Just what is behind the mask

Buried deep behind iron walls  
No one hears the pleading calls

To keep them safe from me at least  
Those walls protect them from the beast

Among all souls across the land  
I am in indeed an invisible man

Noah Body



PoemHunter.com

# Meltdown

Shattered bedrock, endless quakes  
Foundation crumbled, shifting sands  
Violent raging rivers of madness  
Sweeping across all of the lands

This simply can no longer go on  
Raining destruction everywhere  
No innocents deserve exposure  
For not one lifeform is it near fair

Of this world doomed never to be part  
The raving beast from deep in the mind  
Down it must be put like a rabid dog  
Then me the world can put at last behind

Noah Body



PoemHunter.com

# Now I Lay Me Down On Top

Now I lay me down on top  
I pray the Lord my heart to stop  
Although my soul He won't take  
Instead it'll roast on fiery lake  
Not a second will I regret the end  
Ne'er again madness brain will send

Noah Body



PoemHunter.com

# Throw The Dirt In On Top

The pit is so cold, dark and deep  
Forevermore me it will keep  
Throw the dirt in on top  
Please don't ever stop  
Until my existence ends  
To all the world's ends  
Please, I beg of you please  
Bury me now with ease  
In the grave close me up  
Before ere next sunup  
I can no longer be strong  
Here I will never belong  
Please allow me to go  
Just bury me below

Noah Body



PoemHunter.com

# The Pit

The pit is so lonely, dark and cold  
Saps my will and strength, makes me old

It grabs me and drags like an undertow  
Down towards the hellfire far below

Shreds heart, mind and soul for it's dinner  
As mortifications of the spirit for a sinner

Torturer's rack in a dungeon cannot compare  
When the pit supersedes the crushin despair

If home is wherever you hang up your hat  
Then the pit is my home and that's a fact

Four decades ago it first gained a hold  
All time since then a nightmare to be told

While hiding in the shadows of midnight  
All spirits quaking overpowered by fright

Noah Body

# The Debt Is Mine To Pay

He came for us sinners  
Now we are the winners  
That's what we are told  
But if I may be so bold  
I will not add my missteps  
Lay them on His doorsteps  
Adding to His inhuman pain  
Would be totally beyond insane  
I am the one who failed  
Yet He the one impaled  
The debt is mine to pay  
Not His, never, no way  
When that bill comes due  
The judge I'll answer to

Noah Body



PoemHunter.com

# One Single Black Grain

On a wave washed crystal white beach  
Uncountable billions of grains of sand  
Perfect beauty from the sun's own bleach  
Shimmers of purity stretch across the land

Countless grains in harmonious alignment  
A unity of purpose engenders a magical scene  
An elusive sense of near perfect refinement  
But for a singular blemish glaringly obscene

Forlorn and lost among endless white grains  
One ugly black speck jarringly discordant  
The artful wonder of this beach it stains  
Amid the perfection a scar most mordant

No place on this beach will it ever belong  
Among vast numbers of grains eternally alone  
While glowing white grains make melodious song  
A harsh dissonant shriek that ruins the tone

Noah Body

# The Maze

Wandering, lost in the endless maze  
Fearing what in the next room lays

A son, a brother, a husband, a friend  
A father, grandfather or maybe the end

Footsteps fill emptiness with hollow echoes  
Icy cold darkness where not a candle glows

Stumbling onward for time without end  
Ever fearing what lies around the next bend

Keenly aware of someone who must be found  
Yet certain that he will never again be around

He ended in torment many years in the past  
From existence he was by the beast outcast

Hopeless and forlorn him I know I'll not find  
Lost anywhere in this lonely maze in my mind

Noah Body

# Six Feet Deep In The Ground

Spinning, spinning, spiraling down  
No shadow of control is to be found  
Buried six feet deep in the ground  
Peace of the grave there will abound

Noah Body



PoemHunter.com

# A Need Realized Too Late

I need some amorphous thing  
Not something covered in bling

A human touch, a single connection  
Some help to halt this deep introspection

An ear to share these crippling fears  
Or warm, snug hug to still these hated tears

But no one is there to hear the agonized calls  
Nor anyone who can break through the walls

The masks now so thick that I've disappeared  
Cessation of existence all along what I've feared

Way deep, down inside where I once was found  
A dark evil emptiness is now all that's around

As inevitable as the tides I eliminated each one  
Bleak shame o'er the beast made sure it was done

Created the reasons for this world to be leaving  
Apart from all souls myself I've been cleaving

An impermeable edifice what has been erected  
Lest disgust or pity in faces should be detected

Now apathy or hatred from each is engendered  
The ties of friendship to hell's fires are tendered

Too late it becomes clear how great was the cost  
They each offered love and were met with a frost

The need for what was destroyed cuts to the bone  
A crushing blow to now face hell forever alone

Noah Body

# The Elevator

Riding the elevator from the sub sub sub basement  
The tinkle of inanity wafts from the speaker grill  
Intended to distract from a most alarming fact  
The lack of a door is a frighteningly bitter pill

It's roots deeply buried in the cold, dank pit  
Warmed not at all by the searing flames of hell  
That blacken heart, soul and mind turned on a spit  
Until evil agony and despair inside you upwell

The other end far removed way up out of sight  
Buffeted by gales, ceaseless blasts of thunder  
Jagged cracks of wild bolts of lightning's energy  
Ever threatening to rip the structure asunder

There are no stops between pit and spire  
Not one single pause in the relentless rise  
At times it creeps but others it rockets  
A seamless cube on a path into the skies

Don't let distraction elude the most vital fact  
Despite shooting up above all things around  
Eternally heed this most dire of warnings  
What goes up must inevitably come back down

Noah Body

# One Way Glass

Enveloped in one way glass  
Allowing pain to enter inside  
Yet outward none shall pass  
Inner darkness the place to hide

No one looks, not one can see  
Through cold impenetrable wall  
The madness raging inside of me  
Into the grave the voices e'er call

Noah Body



PoemHunter.com

# Insanity

Whirling, twirling flashes of thought  
Disharmony and discord is wrought

Kaleidoscopic, fractured images of color  
Running down in endless streaks galore

A viciously spinning, sucking whirlpool  
Eagerly devouring this weak, pitiful fool

Jagged flashes scorch mind's terrain  
In the end is nothing but endless pain

Noah Body



PoemHunter.com

# The Story The Bards Do Tell

Round and round and round she goes  
and where she stops only the beastie knows!  
When Ahab spied the great white whale  
He gave out with a bellow 'Thar she blows! '

Into the depths, deep, dark, icy and cold  
Then up like a shot the legends have told  
Testing their strength and determination  
'Dare you stop me now? Are you so bold? '

Till Ahab's arm beckoned forward and back  
Calling all of the crew to keep up the attack  
Then turned the great beast to point at the ship  
Driving inward to shatter the tiny craft's back

Down to Davy Jone's locker all of them fell  
The first steps off their journey into hell  
Leaving widows and children behind to sob  
Forever more their story the bards do tell

Noah Body

# Who Am I

Who am I, I want to know  
If you know me tell me so

In the mirror that's not me  
Dead, empty eyes all I see

Wild, mad thoughts in my mind  
In them me I just do not find

An alien heart beats in my chest  
Just not me is my best guess

Tell me please what you know of me  
There has to be more than I see

Noah Body



PoemHunter.com

# Raindrops

Raindrops falling softly down  
Pitter patter on the ground

Washing clean earth and sky  
A gentle gift from on high

Feeding life to birth anew  
Promise of better coming too

Let the drops roll over me  
And tomorrow will better be

Noah Body



PoemHunter.com

# Swan Song

More will celebrate rather than weep  
When begins at last the eternal sleep

Many will look with despite then sneer  
Hatred and disgust born out of their fear

If only a few should look back and see  
I really did try to give the best of me

To reach out and touch was ever my goal  
Maybe to be blessed with saving a soul

Repeated mistakes causing other's such pain  
Were never my intent and I hope that is plain

If I have changed only one lonely lost life  
Gave strength to one to resist the knife

Then all was worthwhile and never a waste  
A reason that of life I had just rarely a taste

So if just one thinks of me without disgust  
The madness was never a complete bust

Noah Body

# I Need....

I need... an amorphous SOMETHING....  
Some otherworldy magical life line  
The need is appallingly overwhelming  
Something out of space and out of time

Sickeningly weak and unable to stand  
And face the world on my own two feet  
I don't want yet I need a helping hand  
Disgusts me so that my face I do beat

Obligations, connections are all around  
Shackles that lock me into a fake non-life  
They are all lost, nowhere to be found  
Pangs of loneliness in my soul are rife

If in heaven a loving God there may be  
He'll allow me to end it once and for all  
For surely it is plain the waste that is me  
Please let me answer death's peaceful call

Noah Body

# The Window To The Soul

A dimly glowing orb shone weakly down upon the mostly barren landscape.  
It's feeble light, filtered by a thick, dark layer of clouds, barely reached the ground

And, reaching the ground, it did little to warm the cold, lifeless earth.

The land lay as though lifeless, here and there dotted with scraggly shadows of once mighty trees.

No life grew in the soil, no movement dotted the terrain.

There upon what was once a grassy knoll stands a decrepit shack, almost lost in the shadows of the land.

In the shack a single window, the window to the soul, dark and lifeless as the land.

Yet in that window is a shadow, pierced by 2 faded eyes, the eyes lost in a gaunt face.

A face that stares out at the lifeless land, alone the sole life in this barren wilderness.

The eyes, pierced by loneliness and sadness, move slowly over the landscape  
Searching for some hint of life, some touch of warmth.

Lost forever behind that window the eyes will continue their search into time unknown, always disappointed.

Lines of pain crease the wrinkled visage that surrounds those eyes,  
A pain brought about by the loneliness within those walls.

The soul, a soul lost to that pain, continues the scan.

Bereft of hope, yet he scans, ever looking for surcease.

And time marches on, slowly, inexorably drawing closer to that time,  
The time when all pain, all loneliness, all hope will come to it's end.

Noah Body

# The World Tipped And I Fell Off

Flipping and spinning and whirling  
Into the cold, empty vastness of space  
Where, desperate, I hooked a moon beam  
Threw a leg over and climbed aboard  
Grasping tightly I mastered it  
Turned it to my own designs  
Together we headed outward  
Onward to the stars  
Perchance to pause at Pluto  
Dad always said we were from Pluto  
Maybe family awaited a reunion  
Even though it's no longer a planet  
But the maelstrom stuck out a tentacle  
And snatched me right off my moon beam  
Dragging me into the storm  
I was buffeted and beaten  
Tossed about like flotsam in the rapids  
Gale force winds tore at me  
Mad currents took me as slave  
To do with what they will  
Jaggedly sharp streaks of lightning  
Cracked and shattered it all  
Vicious flames of hell scorched my soul  
While storm lashed downpours soaked my flesh  
East, West, North, South  
Up, down, left, right  
Lost all meaning, time lost all meaning  
Reality lost all meaning  
As all descended into utter chaos  
And seconds, minutes, years, eons later  
I was regurgitated into a strange, new universe  
One I no longer recognize  
No wonder I feel out of place  
I am an alien here... this is NOT my world  
Nor is it my universe

Noah Body

# The Vortex

The current pulling, round and round  
The air vibrates with intensity of sound  
Trapped by it's evil chilly mighty grip  
Far too late to hope to give it the slip

Spinning ever quicker the spiral tightens  
Gasping for air the fear inside heightens  
Dragged inward, downward by omnipotent force  
Fate set in stone, no escaping this course

Surrender now, the path for which was longed  
Taps has played, siren's sung, bell has gonged  
The time is now, for each beginning an end  
No pain, no tears, nowhere more love to send

There at the core a ravenous icy dark mass  
Devours all life, letting nothing get past  
Writhing, seething evil, blacker than black  
Malignant, chaotic, with no need to attack

An overpowering vacuum that lets nothing escape  
Even rainbows of light does it shred and rape  
Ripping, shredding, destroying all that's held dear  
Nothing left at all, no love, life, pain and no fear

Noah Body

# Hope

Hope is a wondrous magical thing  
Take it away and with it goes everything  
All light, all happiness, all peace  
It all goes away

But preserve it and you preserve everything  
You can withstand anything,  
Stand up to the worst that life throws at you  
Hold on when everything goes against you

You can withstand the pain of loss  
And the hell of love lost  
The worst the enemy can throw  
Is but a pittance to the power of hope

It's an amazing creature  
It survives when all else is lost  
It needs but a single spark  
to preserve your life and sanity

It needs so little to survive  
A mere possibility is all it requires  
It doesn't need to be fed  
It survives on it's own

You can tell it to end  
but until every possibility  
is exhausted  
It will never die

It never gives up,  
It never surrenders  
It asks no favors  
It needs little feed

But it thrives on  
a single chance  
Just one is all it needs  
One chance the key

They say hope springs eternal  
I'm here to call them right  
Hope never truly dies  
Nor gives up the fight

Noah Body

# Eternity

Everything is cold, damp and gray  
The oppressive dark a mere breath away

Restraining, drowning, dragging down  
Viscously smothering every last sound

Tendrils choking, gagging, gasping for air  
Dead eyes frozen in a thousand yard stare

Nullity, empty, no pain, not a single tear  
The light, the dark all that's left to fear

Death fills all, not a single life's spark  
Subsumed body and soul by the icy cold dark

Nothing is here and there's nothing ahead  
Eternity is nothingness after you're dead

Noah Body



PoemHunter.com

# The Darkness Grows Apace

The darkness grows apace  
Where does it grow quicker?  
Outside or in my heart?  
I've never won the sticker

Rotting away at my core  
Rotten wood on the deck  
Where is the rot thicker?  
On my soul it's not a speck

Disease suppurates inside of me  
Putrefaction lives at my core  
Poison lives in my very heart  
Wounds that are ever so sore

Rot and disease are all that's me  
Purest poison leaches from my heart  
I am the blackest of the black  
Right from the very start

Damn it I don't care for this poem  
It doesn't measure up to rhyme or beat  
But all that it ever needs to say  
Is how much it eats me, it's not neat

Sad effort at rhyme and reason  
I've given it all this season  
This has fallen way too short  
And so now I must abort

Noah Body

# To Alice

I'm never there  
When you need me to be  
But that doesn't mean  
You don't matter to me

A bigger heart  
Can nowhere be found  
One whose capacity for love  
Simply cannot be bound

So undeserving am I  
Of your slightest attention  
My very name on your lips  
Doesn't deserve a mention

I can never make up  
For all the times that I failed  
But please don't tell me  
That this ship has sailed

Now when you're shaking  
And full of such fear  
I promise you this  
This time I'll be there

Too little too late  
This is probably true  
But I have to try  
I gave my heart to you

So let me cradle your heart  
And hug and stroke it  
I'm sorry I ever  
So much as broke it

Roses are red  
And violets are blue  
I will never let  
Anything happen to you

Noah Body

# I'M A Live Wire

I'm a live wire  
Full of impatience  
Frustration rules the roost  
The anger boils inside

Bite my tongue,  
don't lash out  
Don't yell and scream  
Stifle it,  
breathe, breathe deep

A live downed wire  
laying in the street  
hissing and jumping  
waiting to grab  
anyone who passes by  
to burn and maim

At the edge of the cliff  
stand or jump,  
leap and fly  
or crash and burn  
one step either way  
and it's all doomsday

they've gotta leave me alone  
I can't take anymore  
I'm raw and bleeding  
like raw ground meat  
a wounded deer

I can't take anymore  
i hurt, I steam  
i rant, i rave  
A raver, that's what i am  
From the Lord of the Rings  
I'm a raver.

darkness, pain and toil

I can't take any more  
Anger wells, irate and insane  
At the end of the rope  
No knots to grab hold of  
Slipping away, gonna explode  
gonna implode,

just can't can't do it anymore  
the anger is rearing,  
it's out of control  
raises it's head,  
the fire burns ever stronger

Bright and sharp,  
it hurts and tears  
it's gonna make me explode  
boom! They'll all hate me  
hatred and anger,  
what a team

Leave me alone, oh please leave me alone  
you've been warned. I'm walking a fine line  
once i can't help if I cross  
I'm trying, ever so hard, trying to stay  
on the sane side of the line  
don't push me, don't pull me  
leave me be and I'll be back  
but for god's sake, your sake, my sake  
leave me alone

Noah Body

# There Will Be Not A Trace

Close the doors, secure the locks  
Latch the windows, lower the shades  
Off with the lights, no more shocks  
Shutter my life, do it in spades

Let no one see what's real and inside  
Lock them away, keep them at arm's reach  
The mask is my shield, behind it I hide  
Let no one know, there's a story for each

Very soon to a head will all things come  
Plans come to a head, it all falls into place  
Tiny careful baby steps taken one by one  
And then left of me there will be not a trace

Noah Body



PoemHunter.com

# A Flood Of Blood

Tears like rusty razors  
Pour downward to earth  
Rivers of agony never ending

Noah Body



PoemHunter.com

# Tears And Fears

Tears and fears  
Broken gears  
Cogs that slipped  
I have tripped  
Nothing is real  
I can't even feel  
It all is dead  
The blood is red  
Through thick fog  
Continue to slog  
Head's just not right  
Lost to all sight  
Today she'll die  
I understand why  
Still there's pain  
And tears like rain  
I failed once more  
To find the cure  
What to say  
When this is the day  
But at such cost  
All alone and lost  
I will never forget  
That your sun has set  
Goodbye my friend  
May your agony end

Noah Body

# Heart Shredded By Razors Of Tears

Heart shredded by razors of tears  
Rivers of dark crimson running down  
In jagged streaks of pain drowning  
Agonized screams of piercing sound

The icy darkness a crushing weight  
Despair torments the hopeless soul  
Satan dancing a victorious wild jig  
Sonorously mournful the bells all toll

Inside a black hole devours the light  
Winter's death is now the only season  
Any breath of hope gone forever more  
Why suffer on when there is no reason?

Noah Body



PoemHunter.com

# Close All The Doors

Lock 'em up tight  
Pull down the shades  
Turn out the light

Push them away  
Too many can see  
The grotesquery here  
That is all me

Hide in the dark  
The icy, cold cave  
Curl up in a ball  
And endlessly rave

Burn craters in arms  
Beat the wall with my head  
Never, ever ceasing  
Until I am dead

Run away from the world  
Need dearly to isolate  
Simply cease to exist  
Before it's too late

Noah Body

# A Great Glass Pane

A great glass pane, floor to ceiling  
Bright light, warmth and life out there  
Where wounded hearts and souls find healing  
And continuing to breathe isn't a dare

Life's vivid colors in abundance abound  
A great palette of luminance and hue  
All bathed in the golden sunlight around  
A labor of love, hope and promises too

Wondrous flora and fauna in variety teem  
O'er each horizon an awesome vista anew  
Wonders beyond counting or so it does seem  
Rich textures blended in a life filled stew

Yet the glass the light never can penetrate  
An icy cold darkness that cannot be dispelled  
Despair and loneliness that nothing can sate  
A prison of hopelessness that will never be felled

Never life touches here in the land of the dead  
Empty inside except the evil voice of the beast  
As he crushes the soul his despite fills the head  
On all good found inside he will greedily feast

The agony of existence goes on without end  
Until the message this empty shell finally knows  
Long decades dead, there's no life left to tend  
Then peace will pervade from the head to the toes

Noah Body

# A Final Lament

Pull the walls in, wrap them up tight  
Don't dare let in one spark of the light

Burrow into the black icy cold dark  
Be sure to extinguish every last spark

Break all the chains, sever the ties  
Exquisite pain as every hope dies

Tears scorch flesh as they roll their way down  
Lonely empty cold death is all to be found

Sobs reverberate, sharp echoes rebound  
Dark crimson blood is drawn by the sound

No part of this world will I ever be  
A grave the escape that is left for me

Here on this day but gone on the morrow  
God grant that it cause no one to sorrow

Noah Body

# My Mind's Meanderings

An oblate spheroid covered in blues and greens  
Here and there spots of brown,  
the top and bottom covered in white,  
So huge yet so tiny

Half of it in bright light,  
the other half in shadow  
The light side shadowed by clouds  
On the shadowed side can be seen myriad spots of light

Move closer and you can see features  
Through the clouds  
Oceans and continents  
Great rivers and seas

Closer still and mountain ranges stand out  
Chasms and canyons, great mountains and forests  
Tiny spots that become cities  
Almost lost in the vastness

And closer still -  
Those cities become buildings  
Vast to the ants that crawl among them  
Moving purposefully about their business

Each tiny ant a person,  
Each person a world unto themselves  
With wants and needs,  
Fears and hopes

A microcosm inside the vast macrocosm of the planet  
Yet the planet is but a spec in the eye of the cosmos  
It calls itself home to all of us  
It's insignificance is awe inspiring

How can we be so important  
When our home is but a tiny spec  
Among other specs, among still others  
Wipe it away and the universe will scarce take notice

All things will go on as they must

Noah Body

# Need A Friend?

Loved and lost,  
Friends moved on  
So many people  
Once here now gone

But no regrets  
Not a single one  
Though all my love  
Is now done

Truly 'tis better to have loved and lost  
Then never to have loved at all

For all those people  
Have made me whole  
Finally I'm ready  
To play my roll

So if you need a friend  
Come and look me up  
I'll hold you in my hands  
Folded like a cup

For I have much to give  
Love without bounds  
Together we can make  
Wonderful sounds

Noah Body

# Gentle Raindrops

Gentle raindrops falling down  
Tears from heaven now abound

Even God cries sometimes...

Noah Body



PoemHunter.com

# Tonight May God Grant Me Some Sleep

Need to talk, dunno what to say  
It's been a crazy sort of day

Not a wink of sleep last night  
Nor today to make it right

In circles do my thoughts spin  
Oh what sad shape I am in

Mouth wants to run a mile a minute  
But there's just no sense in it

Through the roof is my energy level  
It seems to be God's own Devil

Drinking beer to try and kill it  
But my hands shake so that I spill it

Tonight may God grant me some sleep  
And my soul in His hands may He keep

I pray He blesses all of you too  
With peace with the morning dew

Noah Body

# Insanity Runs Rampant

I'm so filled with pain, seems it will never end  
I keep trying to get to a place I can mend  
But if mending means losing that wonderful feeling  
Then I'd rather spend the rest of my life reeling

Pain? ! Do you think you're in pain my friend?  
Just wait till you see the pain I can send  
I can give you pain cause that's what I vend  
One great big pain that will bring you the end

Don't call me your friend, you are but a liar  
You're no friend of mine though my straits are dire  
Though you live in my head you're no part of me  
I'll be rid of you someday, just you wait and see

You asshole, you jerk off, why can't you see?  
You hate me, you hate me and yet you are me  
You're everything good in us that is so sure  
But I'm all that is bad in us, bad and impure

All falsehoods and lies, how can it be  
For I've had someone tell me that they love me  
Tell me how can your tale possibly be true  
For if they love me then they'd also love you

You've had, you've had, that's all in the past  
Your life now is mine, I've got you at last  
You pussy, you wimp, you have no balls at all  
That I didn't give you when you bounced off the wall

I don't believe you, I know that I'm worthy of love  
I had someone once who was a gift from above  
Even now I can feel wondrous love all inside  
Come see for yourself, I've nothing to hide

You still don't get it do you? I've taken it all  
I've left you nothing but the worst pain of all  
No hope, no love, I've made everything bitter  
You should know by now that i am the winner

Noah Body

# The Darkness

The darkness pulsates to the beat  
But it doesn't hold an ounce of heat

Thick and black it kills the light  
It halts your ability of sight

So thick you could cut it with a knife  
Inside it everything is filled with strife

The blackest despair will fill your heart  
Once inside it will tear you apart

All sense of hope will pass away  
Not a hope of hope for this day

Loneliness on your soul will gnaw  
Not a single soul on which to call

Self despite will fill your head  
Until you believe you're better off dead

It hides a bottomless evil pit  
Pray that you don't fall into it

But for naught will all your prayers be  
Watch or it'll grab you like it did me

It'll suck you down and further down  
Till there's no hope of light around

There is no escape from that pit  
You will never climb out of it

Down and down and down again will you go  
Not a candle's light will you ever know

The land of the dark is full of such traps  
From it's grip no one ever just snaps

Pray that you will never end up there  
Where there is no light and rank is the air

For if you do and now don't you scoff  
The only answer is to blow your head off

Noah Body

# Friends

The darkness is deep  
But you have no fear  
Because you know  
They will be here

When you're drowning in pain  
And you're full of despair  
You won't be alone  
As long as they're there

When you stumble and fall  
Just can't hold yourself up  
They will be there to hold you  
While you drink from this cup

When you feel so lost  
And ever so alone  
They'll be there to tell you  
You've no need to atone

Who are these people  
So wonderful and true  
That will never, ever  
Abandon you?

They're the best in the world  
Right to it's ends  
These people who save you  
They are your friends

Noah Body

# Once I Wandered A Land

Once I wandered a land of beauty and light  
One where all things were trimmed in gold  
Where joy filled the heart  
And all things were possible  
Where birds sang giving song to your soul  
where green trees gave the breeze it's sigh  
Where flowers peopled the land with color  
Where hope was abundant, even overflowing  
Where all was good and love abounded  
Once I wandered a land full of peace

Now where has the land gone?  
I feel like Thomas Covenant come back to the land  
just to find it withered and dying

For the land is a wasteland  
Filled with grief and suffering  
Eternal night rules the sky  
And everlasting blackness cloaks to land  
The trees are mere gnarled hulks of themselves  
Not a green leaf to be found  
The flowers are gone, replaced by desecration  
The birds have all left to seek greener pastures  
Despair now fills the heart  
And hopelessness rules the soul  
Hatred and putrefaction rule the land  
There is no peace, no beauty or light to be found

Once I wandered a land.... now I hide from it.

Noah Body

# Happiest Day Of Your Life

I want to write you a poem  
That will make your heart sing  
On the soon to be  
Happiest day of your life

It would evoke Joy and happiness  
That knows no bounds  
On the soon to be  
Happiest day of your life

I want to bring you  
All things good  
On the soon to be  
Happiest day of your life

I want to touch your heart  
So you'll never forget your day  
On the soon to be  
Happiest day of your life

I want to bring you smiles  
Smiles for miles that know no end  
On the soon to be  
Happiest day of your life

In that small way Id like to share  
In that most special day  
On the soon to be  
Happiest day of your life

If I could bring you one small smile  
I would be fulfilled and content  
On the soon to be  
Happiest day of your life

I want for you all the best  
The world has to bring  
Forever and and a day plus one  
Time without end

On the soon to be  
Happiest day of your life

Noah Body

# All Between Your Ears

A mind is a traitorous thing  
Filled with foreign thoughts  
that you know are not your own  
Two halves perpetually at war  
Each hating the other unto death  
Violent confrontation  
Unyielding hatred  
Despair and self loathing  
Suicidal ideations  
Twisting, turning  
Never resting  
Never pausing  
Eternally unquiet  
All between your ears

Noah Body



PoemHunter.com

# The Dark Has Fallen

The dark has fallen  
Night has come  
The sun is gone  
When/if it will return is unknown

Inside my cold, dark cave  
Not even stars give a twinkle  
Of light to break the gloom

The evil dark is oppressive  
It's weight drags at my soul  
Twists my thoughts  
Can't even trust my brain  
For it's a treacherous beast

I've shackled myself  
With bonds of loneliness and despair  
I built this prison  
To protect the world from me  
It works all too well  
For I've thrown away the key

Here is where I'll dwell  
Forever and a day plus one  
This is my new life  
That I brought on myself  
Love it, hate it, it matters not  
Pain is all

Noah Body

# Wired

Wired. Twisting and turning  
Running hot. All out burning

Heart racing, pulse pounding  
Full ahead with no sounding

Spinning round, all around  
No landing to be found

CRACK! Thoughts flash through my mind  
No connection in me do they find

Jagged bolts of lightning flash  
Thunderous peals of sound crash

Muscles jumping as nerves thrum  
Energy singing a sonorous hum

Out of control, way over the top  
When will it ever, ever stop

Noah Body

# It Doesn'T Work Anymore

Positive, negative, yin and yang  
Ripped to shreds by bloodied fang

Here and now nothing makes sense  
Nerves quivering so taught and tense

Rotten corruption buried deep inside  
Driven to escape, run away and hide

No place in this world to ever belong  
A puss filled blot, existence is wrong

On all the universe a most evil curse  
A cancer, a chancre, even something worse

Noah Body



PoemHunter.com

# Dichotomy

Gentle rain tip toes across the roof of the screenhouse  
The peaceful sweep of the rocker back and forth  
The cool touch of the mild air under a dim sky  
Lush greenery of fresh spring growth surrounds all

Mild emanations of peace and calm and serenity  
Flowing easily, gently insistent  
Intent on quieting the riotous roar  
That is pitched far above an ear's range

On one side all is peaceful and relaxing  
On the other nothing but jagged madness  
The line between the two a malevolent tear in reality  
Violent all out war waged across the frontier

The gentling force cannot penetrate the maelstrom  
Fails to weaken the tornadic forces  
Gives it's all and is viciously consumed  
Torn asunder to feed the raging insanity

Arcing flashes of energy  
Short circuit across the synapses  
Flash burning the nerves themselves  
Neural lightning powering the madness

Nothing can quiet raging storm  
No measure of will power restore control  
Nor any force bring forth order from the chaos  
The madness is all, alpha and omega

Destiny not to be denied  
Fate written at conception  
The pit and the madness of hell  
Too powerful to be mastered  
Home for all the days remaining

Noah Body

# In My Darkened Sky

The world is black and so am I  
The light never shines  
In my darkened sky

The moon's not high  
The stars don't twinkle  
In my darkened sky

The cold is nigh  
The black is palpable  
In my darkened sky

Noah Body



PoemHunter.com

# The Maelstrom

Gentle rain tip toes across the roof of the screenhouse  
The peaceful sweep of the rocker back and forth  
The cool touch of the mild air under a dim sky  
Lush greenery of fresh spring growth surrounds all

Mild emanations of peace and calm and serenity  
Flowing easily, gently insistent  
Intent on quieting the riotous roar  
That is pitched far above an ear's range

On one side all is peaceful and relaxing  
On the other nothing but jagged madness  
The line between the two a malevolent tear in reality  
Violent all out war waged across the frontier

The gentling force cannot penetrate the maelstrom  
Fails to weaken the tornadic forces  
Gives it's all and is viciously consumed  
Torn asunder to feed the raging insanity

Arcing flashes of energy  
Short circuit across the synapses  
Flash burning the nerves themselves  
Neural lightning powering the madness

Nothing can quiet raging storm  
No measure of will power restore control  
Nor any force bring forth order from the chaos  
The madness is all, alpha and omega

Destiny not to be denied  
Fate written at conception  
The pit and the madness of hell  
Too powerful to be mastered  
Home for all the days remaining

Noah Body

# Few Understand

What can you do when all is moot?  
When in the end you can't give a hoot?

Pointless it seems that all must be  
Cannot best the beast inside of me

A most sly, cunning monster is he  
All eternity he has to torture me

Patience of pure hatred is his power  
While alone in vile darkness I cower

He knows me better than even do I  
The best of me he twists to make me cry

Towards evil he turns all I hold dear  
As I cringe before him in abject fear

Even the mercy of God he blots out  
No path round his walls can I scout

His essence shear agony and fear  
Stronger he grows with each single tear

Alone and isolated he keeps me caged  
While I've weakened each year that I've aged

Few understand it's not death I seek  
I just can't go on, I've grown so weak

Noah Body

# The Storm

Roiling, dark storm clouds  
Twisting and piling high  
Oozing malevolent violence

Jagged sharp cracks of lightning  
Merciless tears in reality's fabric  
Remorselessly shredding the aether

Deafening aerial detonations  
Hideous monstrous bestial roars  
Pounding pulses in endless echoes

A raging torrent pouring down  
The very air itself liquified  
Whipped cruelly by tornadic winds

Metaphysical manifestations  
Purest evil, anti life  
Death incarnate come to destroy

Beat down upon a vast gray plain  
Tortured and drowned, near destroyed  
Yet in the center a single tree

A lonely tree, no life surrounds  
Dead branches nearly torn asunder  
Bowed by the evil monstrous force

But steadfastly refusing to quit  
For way up atop the highest branch  
One vibrant green leaf refuses to die

Confident and sure that despite the storm  
The evil cannot win nor last forever  
For the sun will rise again on the morrow

Noah Body

# The Pane Of Glass That Separates

Outside the glass the bright light of day  
Green leaves on trees in a gentle breeze sway

Flowers bathed in colors from the rainbow  
So vivid and bright they're all aglow

Puffy white clouds dotting a cyan sky  
Way up atop the world flying so high

People strolling, chatting, kids at play  
Out there where life holds the night at bay

But it dare not try to penetrate the glass  
Through the pane light dares not to pass

This side black darker than midnight holds sway  
The cold chill of the grave over all does lay

Alone in the black one soul that's long dead  
Longing for the peace of the six foot deep bed

Alone in agony. light and life is it's fear  
From a lifeless eye burns tracks of one fat tear

When will it stop? Will it never, ever end?  
Life out there never here, what does it portend?

The grave's siren call rings out and entices  
It's lure stronger than all of life's vices

What is the purpose, reason or rhyme? What is the use?  
To continue on this way, there's not one single excuse

Noah Body

# Tortured By The Fire

The end draws near  
There's naught to fear

The exit is nigh  
A storm in the sky

A life so wasted  
Light never tasted

The world won't mourn  
Only look with scorn

Upon a useless load  
Who failed the code

Die asshole, die  
Rise not into the sky

Tortured by the fire  
Screaming on the pyre

Noah Body

# Short Circuit

The circuit breaker popped

Severing all connections

Never again to reconnect

Unless the short circuit

In the protected heart

Can be repaired

Noah Body



PoemHunter.com

# There To Peruse The Lands Of Oz Once Again

Drifting lazily under a bright summer's sky  
Tiny wavelets lapping the side of the boat  
Lines cast out from the rods dangling over the stern  
Oars tucked snugly inside the boat, safe from the water  
On the horizon trees cast shadows upon the water below  
Quiet and stillness, solitude and serenity, peace  
Calm suffuses my body, reaching down to my very bones  
Muscles relaxed I drift in a daze,  
nodding off at times to amazing dreams,  
dreams of the world of Oz where all is right with the world  
Stressors forgotten all that remains is peace  
Peace and the softy muted sounds of the water,  
the quiet chirps of birds as they pass over head  
The splash of a duck as it lands upon the stillness of the water  
Disturbing it for a brief time only, the disturbance rapidly passes  
And once again all is stillness and calm, serene solitude  
A bobber dips, the line it's attached to quivers  
But it's ignored in order to maintain the peaceful perfection of it all  
Such total relaxation as can only be found here, in solitude  
Away from the worries of the world, away from pressing needs,  
Needless deadlines, stressed out bosses, excited kids,  
Needful spouses.  
Tip my hat down low over my eyes and drift some more  
Drift into dreamland there to peruse the lands of Oz once again

Noah Body

# Dialing It Up, Dialing It Down

Dialing it up, dialing it down

Dialing it all round and round

Way beyond the farthest stars

Ever onward, outward bound

An empty vacuum, no air around

To carry the piercing sound

Of those torturous screams

Noah Body



PoemHunter.com

# Blessings

May peace and joy be unto you  
And all other souls on this planet too

May tranquility enter your life  
May there never be a moment's strife

May the light be always there to light your way  
May you have reason to smile each and every day

May good things and blessings on you be showered  
May you experience the wonders of love empowered

And when it grows dark and seems like the end  
May you always find the love of a friend

All this and more for you I do wish  
All the best of life served up on a dish

Noah Body



PoemHunter.com

# Today Will Remain Ever The Same

It's another day, another dollar  
Always the same or so does it seem  
It's never changing, always the same  
Just one more day in an endless stream

Is it Tuesday today or is it Wednesday?  
Sorry to say but I just don't know  
Everything's the same each step of the way  
Never changing wherever I go

Depression lives and rules each day  
How much longer will it last  
I do not know, I just can't say  
Is this present, future or the past?

The days blend one into the next  
Stretching on forever, they never end  
This sadness will never, ever pass  
It's wounds and scars I just can't tend

It's feeling too much, too deeply  
Or not feeling any thing at all  
Ever down, and down so steeply  
Stop! Let it end! I cry and I call

The sounds of my yell echo off the walls  
But the days are heedless of my cry  
They ignore me and taunt me to no end  
And leave me forever wondering why

By the movement of the sun in the sky  
Do I count the passing of each day  
But when it's ended do I know the difference?  
Not on my life, no how, no way

The light has passed, this day is ended  
And so as this day draws to a close  
As the sun settles deep into the earth  
Do I steel myself for another of those

Tomorrow will be today as today passes away  
To become yesterday as it does always  
But today will remain ever the same  
In an endless string of unbroken days

Noah Body

# No Title

Tears and fears  
Broken gears  
Cogs that slipped  
I have tripped  
Nothing is real  
I can't even feel  
It all is dead  
The blood is red  
Through thick fog  
Continue to slog  
Head's just not right  
Lost to all sight  
Today she'll die  
I understand why  
Still there's pain  
And tears like rain  
I failed once more  
To find the cure  
What to say  
When this is the day  
But at such cost  
All alone and lost  
I will never forget  
That your sun has set  
Goodbye my friend  
May your agony end

Noah Body



PoemHunter.com

# No Time For Regrets

you were handed it all on a plate  
Yet you could not keep a grip  
You let it all fall far away  
Out of your hands it did slip

You're worthless this you know  
Useless piece of dung lying there  
The harder your grasp the more it falls  
Until you're left holding on to air

Damn your vaunted mental prowess  
Screw your mighty poisonous pride  
Because when all is said and done  
You will have nowhere left to hide

Eat a bullet the one sure cure all  
Escape this life the only solution  
You are anathema to all that's good  
On this Earth you are but pollution

Cowardly bastard, you're not a man  
No balls you were born with have you  
Can't face some discomfort in life  
Always running away from it all too

That is all, it is now all done  
The end, the end, the almighty end  
At last it is over, done, fini  
No time for regrets to ever send

Noah Body

# Cookies Crumble

Cookies crumble  
Windows shatter  
For what reason  
It doesn't matter

Winter comes  
The world dies  
Ever away  
The dream flies

Stars fall  
From the sky  
The sun dips  
From on high

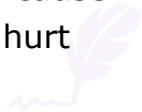
The worms crawl  
In the dirt  
The scars cause  
So much hurt

Death becomes me  
As I become him  
Im hovering on  
The cliff's rim

Satan rules  
Over it all  
For peace and sanity  
I just can't call

Rot and disease  
Darkness and pain  
Run down around me  
Like pouring rain

The grave calls  
To me it sings  
A melodious chant  
Throughout me rings



PoemHunter.com

Come hither and yon  
O'er mountain and glen  
Someday it will end  
And I know just when

Noah Body

# Sing A Song Full Of Jack

Sing a song full of Jack  
And a tumbler full of Rye  
A shot full of bourbon  
And I'm higher than the sky

A snifter of scotch whiskey  
A boiler maker for the tummy  
A 16 ounce for the chaser  
I know I'm just a dummy

The world is all a tilting  
And spinning round and round  
My tummy is a boiling  
I have lost all sense of sound

What a fabulous time I'm having  
Heaving my stomach all up  
Tastes better coming back  
Then when it was in the cup

Noah Body

# I Want To Write A Poem So Sweet

I want to write a poem so sweet  
That you would tingle to your feet

Paint a picture so totally sublime  
That lasting pleasure would be thine

To sculpt a peaceful quiet scene  
Overflowing with beauty so serene

It would bring tears to your cheeks  
And the love that your lonely heart seeks

The palette would be words so pure  
Magical words that's for sure

Imagination the canvas on which I draw  
The most beautiful things I ever saw

But alas today I'm not up to the task  
If only I could take a nip of my flask

Noah Body

# All In My Head It Most Likely Lives

Come what may I can have no friends  
Even when all of this ends

Because bad for all of them am I  
Pushing them away is ever nigh

And be for me, I can't take the pain  
Tears rolling down like the rain

All is done again building my cave  
Ranting now and when done I'll rave

Killing me now, pain so intense  
Nothing will every make any sense

Block this one, block them all  
Before this edifice begins to fall

Insanity echoing around inside my head  
Filling me with a great monstrous dread

Down then up then down once more  
Is anyone even keeping score?

Cycles spinning me, no help the pills  
Always filled with strange evil ills

All in my head it most likely lives  
No clue have I exactly what gives

Noah Body

# The Man I Love By My Wife

The Man I Love by my wife Jan 17,2013

The man I love is so divine  
Like a timeless glass of wine

He makes me feel so very whole  
His voice reaches down in my soul

In this world there'll be no other  
He's my man, he's my lover

He reaches every part of me  
When I'm with him I feel so free

Noah Body



PoemHunter.com

# I Know That Life Is All That I Want

Round and round and round I go  
Where will I stop? God only knows

Up one street, the next I go down  
First a smile and then a frown

People pay money to ride the big coaster  
Now I get to ride my own rollercoaster

Pills should do it but they're never enough  
Stopping this shit is always so tough

Sad is my mood times one million  
These sins of mine number a zillion

I hate the mirror, the face I see there  
Wish I could punch it, stop it's mean stare

I'm under the bottom and over the top  
When will it ever fucking stop?

My head tells me never, it's not in the cards  
My life is in pieces, my heart in shards

But I've had good days, yesterday and before  
I find myself always wanting some more

I know that they're out there somewhere  
If I could find them then I wouldn't care

Tomorrow, as they say, is another day  
I pray that it doesn't go this way

The tears they are falling  
My heart strings are calling

Die say they, then it'll stop  
But I am afraid to take that hop

The answer it may be, I am not sure  
I just can't tell, my thoughts aren't pure

I know that life is all that I want  
And I know I want to stop being a runt

Who cares where it goes? Why do I worry?  
It's not like I have favors to curry

Die I should, I should exit this planet  
Get out of this world and all that are on it

Put all of this world out of the misery  
Of dealing with me and all the chicanery

For I am not worth the trouble it takes  
To make your way though all of these snakes

I think that I've got to go now  
This poem has grown long somehow

Noah Body

# Each Day That Goes By Is So Long

The day was a good one amazingly  
Was feeling great, cruising along  
Then the thoughts went back to someone  
And suddenly I'm all of a sad song

So I put on a real tear jerker  
And sat in good memories lost  
Hot tears rolling down cheeks  
Feeling alone and ever so lost

Heart is breaking, soul is crushed  
Where oh where did it all go wrong?  
Been told to give it some time  
But each day that goes by is so long

Noah Body



PoemHunter.com

# To My Troubled Friend

Dearest friend your life's a mess  
Right now you're under stress

Times past I'd be there for you  
But my life's a mess now too

Even so I would so be there  
If I could keep out of your hair

My heart aches knowing your trouble  
Being unable to help pops my bubble

I would do anything to be able to help  
Stand on my head and give a great yelp

My right arm is yours if you but ask  
I would try hard to be up to the task

So if it really seriously gets bad  
Know that right here help can be had

Noah Body

# Tears Roll Ever Down From The Void

Tears roll ever down from the void  
Your heart was not ever to be toyed

I screwed everything all up  
Now I must drink from this cup

Tears burn as they slide down  
Never meant to cause you to frown

Nothing will ever again be the same  
To you I will never be anything again

My heart breaks at what I have done  
Friendship now broken, gone is the sun

Stop commenting is what I must do  
But ever I'll be thinking of you

I'm so sorry I would like to repeat  
But facing you now is no small feat.

Dunno what I can ever do or say  
To fix what I broke on that day

I would give everything to make it all right  
The tears blur it all, distorting my sight

Noah Body

# I Am Full Of Hope For Better Times

I wonder what opportunities tomorrow will bring.  
I hear my thoughts echoing around my head.  
I see the birds flying free in the sky.  
I want to stroll in the peace of the deep woods.  
I am full of hope for better times.

I pretend that I've got it under control.  
I feel the breeze whispering past me.  
I touch the lives of my grandkids.  
I worry that I've lost her.  
I cry not at all on days like today.  
I am full of hope for better times.

I understand I can't always be happy.  
I say that God is with me today.  
I dream about making a difference.  
I try to make each day a good one.  
I hope that tomorrow is even better.  
I am full of hope for better times.

Noah Body

# Always Those Scars Will Remain

Once your heart was whole  
Strongly it beat, on and on  
Full of love and friendship  
No part of it was gone

Then they pulled out  
Their friendship went away  
It tore it in pieces  
That they would not stay

A tiny fissure it started as  
Then it cracked more, more it grew  
It hurt so much and still it grew  
Until it formed a circle, a deep one too

The hole it leaves  
When they stop loving you  
Is big enough to  
Drive a truck through

A lifetime promised  
But one you'll never see  
You can only ask  
Why'd you stop loving me?

It is agony throughout  
Pain that's like no other  
It won't kill you have no doubt  
Though you feel you'll smother

It takes not just your heart  
For it rips at the very soul  
Leaving tiny little pieces  
That all fit into a bowl

A jigsaw puzzle is all that remains  
A thousand pieces, mixed up all  
Putting them back where they belong  
Is a job that isn't so small

Placing each small piece  
Back where it goes  
Rips your heart again  
Pain is all that it knows

Unevenly do they seem to fit  
When they go back into their spot  
Push and pull them to make them fit  
It seems the bleeding will never clot

Over time the bleeds slowly stop  
Pain fades away, wounds heal  
It fades into the black  
It all becomes so unreal

Always those scars will remain  
Forever, this is true  
Because I have never  
Gotten over you

Noah Body

# To My Friend, Lela

Hello my friend  
You warm my heart  
May our friendship  
Never part

You are so young and wise  
And though still a child  
You're a boon to my heart  
You always make me smile

Your wisdom astounds me  
You're a rare one indeed  
You've made me a friend  
When I was in need

You bring me hope  
For your generation  
Your very friendship  
Is indeed a sensation

I hope for the best  
In all that you do  
May all of your dreams  
Always come true

I know that I will  
One day say I knew you when  
And my heart will be filled  
With pride for you then

From your friend

Noah Body

# If I Were A Toaster

If I were a toaster and you were a loaf of bread I'd toast you golden brown

If I were a piece of string and you were a top I'd set your world to spinning

If I were a pen and you were a piece of paper I'd draw beauty all over you

If I were a dog and you were a cat I'd save you from all of the other dogs

If you were the sky then I'd want to be a bird to soar in all your beauty

If you were the ocean then I'd be the rocks so you could beat your fury out against me

If you were the wind then I'd be a balloon lost in your embrace

If you were the sun then I'd be the ice pack melting in your heat

If I were a server then you'd be the operating system that keeps me running

If I were a stream then you'd be my banks that I caress ever so gently

If I were an eagle then you'd be the wind beneath my wings that keeps me aloft

If I were alive then you'd be every single beat of my heart, forever and a day plus one

Noah Body

# The World Is My Oyster

The world is my oyster, I shall not want  
It provides me with good things all the days of my life  
I have a roof over my head and shoes on my feet  
I have peace and serenity without any strife  
A full belly to keep me warm, a beer to quench my thirst  
A bike to ride to help me stay sane  
A project to work on and it's not the first  
A job that satisfies me is always important  
A family that loves me, and good friends who are dear  
Thoughts land to blog in, Dailystrength is there too  
And a PC that lets me join you on here  
A person I love more than life itself  
So what if sometimes I am not sane?  
If I cut myself or hate the me here  
If I'm lost in the darkness and full of that pain  
It matters not because  
The world is my oyster, how lucky am I?

Noah Body



PoemHunter.com

# Life Is

Life is a sunset

Life is a sunrise

Life is a baby's smile

Life is her first steps

Life is the first bike ride, without training wheels

Life is a warm hug

Life is a loving kiss

Life is love

Life is the burble of a brook

Life is the sigh of the breeze through the trees

Life is a thunderstorm

Life is a rainbow after the thunderstorm

Life is the chuckles after a joke

Life is friends, may they always be there

Life is beautiful

Life is a gift

Life is a treasure

life is something I'm trying for, desperately.

Life is worth dieing for

Life is something that seems to escape me, the harder I chase it, the faster it

runs away

Life is... everything

Noah Body

# Love Is

Love is always putting you first, regardless of the circumstances.

Love is always being concerned how you feel, regardless of what's going on in my life.

Love is always wanting you to smile, regardless of how sad I am.

Love is always caring how your day was, regardless of how mine went.

Love is always wanting what's best for you, regardless of how much it hurts me.

Love is always caring, regardless of what's been done to me

Love is always and forever, it never dies, regardless of whether or not you move on with your life

Love is the smile that cracks my face when I hear your voice

Love is the twinkle in your eyes, the dimples in your cheeks when you smile

Love is the smell of your hair, the feel of it running between my fingers

Love is the touch of your skin, the warm glow of it beneath my fingertips

Love is the sound of your voice, music to my ears

Love is a gift to be treasured, and nurtured. One to be held and cuddled.

Love is the most special treasure I'll ever find.

Love is you.

Noah Body

# Pain Is Life

The world is black  
The world is blue  
There's nothing but pain  
inside of you

The pain is back  
It's here to stay  
It'll never leave  
No matter what you say

It's all there is  
You should be grateful  
It's something there  
The emptiness is more hateful

So your life is empty  
That is so true  
You'd best get a life  
And stop being so blue

The emptiness is you  
and you are it  
You'd better get control  
before you get bit

You miss your life  
The tears are flowing  
The pain inside you  
Just keeps growing

But pain is life  
and life is pain  
Stop those tears  
That flow like rain

Be happy for the pain,  
It confirms you're alive  
Better than the emptiness  
Against which you strive

You're numb today  
The pain won't kill you  
But it'll keep on hurting  
No matter what you do

So embrace the pain  
And know that you live  
Let it run right through you  
Like water through a sieve

Take that pain,  
welcome it in your heart  
It'll be there anyway  
It's time for life to start

So you miss that life  
The one that you knew  
I'm sure it misses you  
Much as you miss it too

But life goes on  
This much I know  
Because experience  
Tells me so

No choice is a choice  
That brings the default  
It's the choice that you made  
Now it's your fault

Live with the choice  
Stop longing to die  
Take on your life  
And learn how to fly

Grow your wings  
As you've been told you must  
And leave this world  
Alone in the dust

Noah Body

# One Day At A Time

A new day dawns, bright and clear  
And with it all the things that I hold dear

Yesterday's gone with all it's trouble and woe  
The emptiness has been filled, I love it so

Tomorrow's a dream that may never come  
Today's all I have until it is done

One day at a time is all that there is  
A single day is all, I'll make it my biz

For today I'll be fine, I shall not cry  
I shall not hurt nor wonder why

I shall not let the ringing echoes get me  
I'll keep the loneliness at bay, you will see

I'll let the sunshine in to brighten life  
I shall not be bothered by all the strife

One day at a time is all I can do  
Today is here and I'll live it too

For today I'll love life in all it's glory  
And I'll make sure it's not the end of the story

No more shall I try to bring an end to it all  
When those thoughts come for help I shall call

When the pain is too much I won't sit alone  
And never shall I sweat trying to atone

One day at a time is how I shall live  
And each day I shall give it all I can give

Noah Body

# Rambles From The Dark Side

The world is black and so am I  
The light never shines  
In my darkened sky

The moon's not high  
The stars don't twinkle  
In my darkened sky

The cold is nigh  
The black is palpable  
In my darkened sky

Noah Body



PoemHunter.com

# Tears Of Joy

Tear drops fall like rain  
Across the planes of my face  
Tears of joy and hope  
Falling all over the place

They neither burn nor sting  
As downward they flow  
They meet my smiling lips  
My face is aglow

Joy is in my heart for now  
And peace is in my soul  
Hope blossoms within my head  
For me it's a new role

Love for life swells up  
Contentment seeps within  
For all the times I've lost  
I've now begun to win

I've secrets that I guard  
That both help and do me harm  
But helping is the stronger  
So it doesn't me alarm

I'm stable now you see  
And I am totally sane  
No swinging back and forth  
No more ungodly pain

I'm free of the insanity  
And normality rules  
So the tears that fall downward  
Are joy's diamond jewels

Noah Body

# The Final Choice?

The darkness is tangible,  
I can feel it pressing all around me.  
It feels like torturous pain,  
it's loneliness and despair,  
it's suffering and despite  
it's physical, I can feel it

I'm alone and yet I'm not  
My family is downstairs,  
my wife's in the next room,  
yet I'm the only person  
in my reality.

I look through a pane of glass  
at the world surrounding me.  
I see life, I hear life, I sense life  
Yet I have none.

It passes me by,  
leaves me still and dead  
I feel the cold of the grave  
I long for that cold  
to envelope me

I want no more of this  
Please let it end  
I can't possibly go on forever  
There has to be an end somewhere  
Even if it's my end  
Please let it be

there is no light left,  
no colors anywhere,  
it's not shades of gray,  
nor black and white  
It's only black  
the blackness of death

I can't do this anymore,

I just cannot go through this again.  
Please I beg You God,  
take this cup from me  
I'm not your Son,  
I don't have the strength  
to say Thy will be done

I can't go through it yet again.  
God damn it all!  
It has to frigging stop!

Yet I say thank You for this release  
At least by typing it the pressure  
has vented and I can go on.  
Yet do I want to go on?  
Do I really want to?  
When is enough too much?

Isn't it okay to choose  
eternal darkness, everlasting night?  
The peaceful sleep,  
the calm and peace of eternity?  
Why is it wrong to make that choice?

I long for that peace,  
the stillness of the grave  
the calm and serenity,  
no more thoughts,  
no more pain,  
no more fighting it,  
no more anything.

Oh I am so tempted.

Noah Body

# My Private Army

I sit here alone in the world,  
My mind a mess, my thoughts awhirl  
My eyes turned in not out  
Wondering what my life's about

Down at the heels,  
Nothing is real  
My face is so long  
Where'd I go wrong?

So dark is the day  
And I just want to say  
Enough is enough  
Why's this so rough?

Then THE miracle of all  
A new thought does fall  
Bringing with it a light  
That shines ever so bright

I'm counting it wrong  
So don't go along  
It's not all as bad  
as I could've had

There's an army out there  
Who really do care  
They strengthen my will  
More than any pill

I've family who need me  
Who want me to be  
Contented with life  
Not full of strife

Grandchildren to love  
Gifts from above  
Given me to hold  
Even when i grow old

Parents who only see  
the best side of me  
Like bedrock they stand  
To lend me a hand

But best of all I've a friend  
That God to me did send  
A very special friend  
Who won't let it end

She'll be there always  
No matter what I say  
She keeps me sane  
when my spirit does wane

How lucky am I  
Now I'll spit in the eye  
Of the depression that weighs  
On my soul all these days

Noah Body

# What Business Is It Of Yours?

What business is it of yours?  
There aren't any guided tours

No push button voices to explain  
How everything got this insane

No pamphlets with maps on the back  
To navigate this land of black

There is no opening in the walls  
To let the madness heed the calls

No entrances that may be true  
No exits to let it threaten you

You're safe in your life filled world  
In the dark with the beast I am curled

Noah Body



PoemHunter.com

# The Hand Of The Fates

Jagged, sharp flashes of light, crash, boom  
Spears from on high, pronouncements of doom

Eyes rattling deep in their sockets  
Fists clenched tighter deep in pockets

Gale force winds uprooting the trees  
The demon smiles at what he sees

As the solid earth splits asunder  
He knows this soul is his to plunder

No more just ahead does madness wait  
It's swallowed all, it's now too late

Claws shredding pale skin on the face  
Bright red rivulets downward race

In a tree a dangling noose grimly waits  
Irresistible, it's the hand of the fates

Noah Body

# The Tide

The flames stretch out so high  
Way up into the darkened sky

To step into them, oh so sweet  
Exquisite pain from head to feet

All this would end, never more  
Losing all despite the score

The black will reign ever supreme  
Cease to exist or so it will seem

Pain and darkness call my name  
Nothing will ever be the same

Why Oh Lord can't I die?  
Ascend to You in the sky?

I just can't take it no more  
My soul a tide eroded shore

Noah Body

## Tears (A Poem Fragment)

Tears, pensive, sad yet full of joy  
Not hot, burning blisters across my heart  
Not icy cold blades of hell to scar my soul  
Just warm, loving trickles from where they start

Not driven by the madness of the beast  
No torturous agony do they bring  
Wondrous tears sliding down my cheeks  
From glorious love do they spring

Noah Body



PoemHunter.com

# Thank You Lord For This Christmas Day

Thank You Lord For This Christmas Day  
For all the joy in little hearts at play

For the chance to feed those in need  
And share this life with them indeed

For the love of my family and wife  
Without whom I wouldn't have life

For friends new and old everywhere  
For warm tight hugs to show we care

But most of all for daring to save  
This lowly one as I hid in my cave

For tiny arms that dragged me out  
Refusing to let me hide and pout

For not allowing me to let it pass by  
Wrapped in misery and wanting to die

Self pity is a most horrid beast  
When for us You're planning a feast

With all the love You sent my way  
I just couldn't help living this day

So thank You Father for the magic this day  
And grant that I will forward it pay

Noah Body

# Thoughts

The world skipped and I was not.

You'll shed no tears for me

For I won't even be a memory

Eternal night

Sink, sink until I drown

A blink and I never was

The world will little remember

I'll just fade away

Into the night

And the dark will swallow me

'Twill be as though I never existed

Never dreamed, never born

Naught but vapor, a lost memory

Passing away

Not lost, not forgotten

Never existed

Gone, never was, never will be

This is reality

I am but a nightmare

The answer to my prayers

Is nothing

They don't exist

I don't exist

The stuff of nightmares

and dreams, hopes, wishes

What are wishes but hopes for the impossible?

Where am I? What am I? WHY am I?

No purpose, no reason

I am not. The world has skipped.

Noah Body

# One With The Night

Empty  
Hollow

A shell  
Of a man

Eyes overflowing  
Dampened cheeks

Falling tears  
Reverberate

Shattered  
The tinkle  
Of falling pieces

Filled with  
Evil darkness

Blacker than  [PoemHunter.com](http://PoemHunter.com)  
Midnight on a  
Moonless night

A black hole  
A singularity

Eats away  
At the core

Pain  
In every atom

Over stressed  
Nerves scream

Baboom, baboom  
Goes the heart

Then it stops

No more tears  
No more singularity  
No more pain

One with the night  
Forever more

Noah Body

# Phantoms In The Ethernet

I'm so lost and all alone  
Don't feel sorry for me  
Don't dare throw me a bone

It is as it was meant to be  
I was never meant to have someone  
Who would be there for me

When I'm way down deep in the pit  
Filled with pain and despair  
When my life has gone to schitte

I'm left alone to stand my ground  
To feel the burn of self despite  
To weep bitter tears without a sound

I once had friends who really cared  
To whom I could bare all my pain  
Often to whom my heart I bared

Now I have phantoms on a screen  
In many a year they simply are  
Closest thing to friends I have seen

Some are proven, tried and true  
They send you hugs and hearts  
And say they're there for you

My life I'd give for one and all  
I tell them all I am there  
All they need do is reach out and call

But words on a screen is all they are  
Farther from me then the strangers  
I sit next to in the local bar

How sad is it that my best friends  
Are all phantoms in the ethernet  
That world spanning knows no ends

How can I this worthless be  
Am I the scum of the earth  
Is this all there is of me

Nay 'tisn't true, worthless I am not  
For I have the best friends in the world  
Even though they are all I have got

Noah Body

# Oh It's A Beautiful Day

Oh it's a beautiful day  
Beneath the rain today

All is brown and gray  
No colors, no way

All peaceful and still  
As I walk up the hill

That ahead of me stands  
Above all of the lands

With the cliff at the end  
Like an earth's wound on the mend

Back there's where I'll stand  
And survey all of the land

Stare at the gray lake  
My breath it will take

Perchance to see a deer  
Passing ever so near

The woods now are dying  
As I stand here now crying

For the woods have sown  
In me so alone

A sense of great peace  
That will never cease

Noah Body

# Dreams

They will seduce you  
Capture your heart too

They'll take over your mind  
And leave you in a bind

When reality you ignore  
Because it's such a bore

Some people will say to you  
That dreams are good for you

But when reality you miss  
Because you dream of this

That is so not a good thing  
Though they make your heart sing

So look out for those dreams  
They're dangerous it seems

Noah Body

# His Name Is The Beast

He is a part of you  
Yet he's separate too

His fingers are entwined  
Ever so deep in your mind

Your soul he devours  
All the day's long hours

On your heart does he schitte  
He doesn't respect it

He makes you live alone  
Feeling you have to atone

For wrongs imagined and real  
No matter how you may feel

Yourself you will hate  
Right out of the gate

He fills you with despair  
Even though it's not fair

Loss of all hope is his game  
And no it never was tame

In torment he would see you  
In your tears he takes joy too

You will cry out for the peace of hell  
And plead that you never will tell

Forever are you damned  
No you haven't been scammed

Of him there is no way to be rid  
Once off Pandora's box is the lid

His name is the beast  
And on you he will feast

Noah Body

# Have You Ever Been There?

Have you ever been standing there  
Forever lost in despair

Not knowing what to do  
To keep the core that's you

You feel it slip away  
A little more every day

You're losing it all  
And don't know who to call

Each day you are less  
And God just won't bless

The rotten soul that is yours  
As tears down your face course

Have you ever feared tomorrow  
Cause it just brings more sorrow

Pain that it seems never ends  
No matter which way your life wends

Have you felt the loss of all hope  
Until you just cannot cope

Been always so alone  
And unable to atone

Have you ever been there?  
I have

Noah Body

# Poetry

Poetry, it washes clean  
The heart of me  
How it does that  
I'll never see

When I am down  
And so damn blue  
It washes my soul  
And my heart too

It weakens the night  
And strengthens the light  
Always does it  
Restore my sight

When life is darkest  
And I'm lost to the night  
It restores my will  
To keep up the fight

Thank God for poetry  
Without it where would I be  
I fear that I'd just  
Lose every bit of me

Noah Body

# The Sun Peaks Out

The sun peaks sheepishly out  
To my face it brings smiles  
Without any trace of a doubt

Yesterday was so gloomy and dark  
It killed my heart and my spirit  
Every single tiny little spark

But here today the sun does shine  
Weak little rays it is true but  
I'll gather them to me, make them mine

In the sun I want to run and play  
Live all the good things it does bring  
Make them mine on this wonderful day

And if tomorrow dark clouds does bring  
I will always try to remember  
That once upon a time I did sing

For God alone has given me this day  
And always and forever more  
Bright in my memory it will stay

Noah Body

# For Today I Will Experience Life

Dark depression stay away  
Because today I want to play

I don't need no tears a dripping  
Down my warm cheeks a slipping

In darkened bed I'll not stay  
Because I want to live today

The fires of hell shall not have me  
The light of life today I will see

Though in the shadows the demon hides  
Today in my soul he never abides

Though he may have me on the morrow  
Today he just will cause me no sorrow

For today I will experience life  
And for now there'll be no strife

Noah Body

# No Goal In Mind

I need to write a poem  
So I can ever show 'em  
That I can always do it  
See that? I got through it

But I have no point in mind  
And so I'll ramble on in rhyme  
No point, no single goal in mind  
So I guess I'll leave this behind

Noah Body



PoemHunter.com

# Ramblings From The Dark Side

The sky is light yet I stand in the night

Tired, so tired

The darkness enfolds me, no light holds me

Sinking, the pit sucks at me

There is no bottom

Quicksand, stuck in quicksand

It's inside me, it doesn't abide me

Pain, it hurts

It comes in spurts

Rips at my soul, devours my heart

From the black I'll never be apart

Hate me, despise me

I'll never realize me

Lost in the pit

Just can't grab it

Help me, I'm drowning

Don't need help, need a bullet

There is no hope, I'm a goner

There's no one there, I'm a loner

Exquisite pain falls like rain

The darkness is the only constant

It's my only friend

It never ends, it goes on forever

It drags me to the land of wherever

It draws me nearer to the end  
The knots in my stomach never unbend

Nothing but pain, my heart is torn  
I wish that I had never been born

Tears run down in raging rivers  
Hate those tears, my heart's in quivers

Stop it now, give me a bullet

Can't take anymore

Where do I turn  
To stop the burn?

Get it out of me, get it away  
I don't know what else to say

There is no one to help, no one to save  
Black tracks on my soul are deeply paved

Alone and it hurts, agony so deep  
Sanity I simply cannot keep

Need someone, someone so near  
Need my wife, my only dear

It tears me apart, destroys my soul  
I simply cannot play at this role

F\*\*k it now, please let it end  
To hell will it ever my soul send

To this do my thoughts now turn  
Once again does my soul so burn

The pain in my heart does seethe  
Please end it now while I still breathe

Noah Body

# The Gift You Deserve

All alone and oh so blue  
I don't know why  
but I'm missing you

You've moved on and so have I  
Then why of why  
Do I have tears in my eye?

Roses are red and violets are blue  
I will never, ever forget there was you

Life goes on despite all the pain  
I'm glad that you are right as the rain

For you I will always have a place in my heart  
I have loved you always, right from the start

I am so sorry for what I did to you  
I hope that you can forgive me too

I know that I am not worth shit  
I will never be able to forget it

I promised forever and a day  
And then in a moment I threw it away

But I'm here to tell you, let me say  
For me that will always hold sway

I had to choose the life that I had  
But hurting you was way past bad

And though I would always choose the same thing  
Still thoughts of you do make my heart sing

I am so glad that at last you've found love  
It's the gift you deserve from heaven above

For you do I only wish all of the best

But my love for you I'll hold tight to my vest

Have the best and happiest life my dear  
I'll bother you no more, have no fear

Noah Body

# Family

The pain I feel is so great  
But I cannot give in to hate  
I feel only a great abiding sorrow  
They know not what they'll miss tomorrow

Much I have risked but much to gain  
Despite all of this forsaken pain  
With my family I must stand true  
Though I've lost all others too

For without them what have I  
when to my parents I must say goodbye  
They are my life and I am theirs  
Despite all our put upon airs

I have made my choice and so I stand  
Firm of foot upon this land  
I may be orphaned before my time  
And for this line I know no rhyme

But I know this, this I do  
I love my family and parents too  
But when between them is the choice  
My love of family I must give voice

Turn my back on them will I never do  
If you knew me you'd not ask me to  
My family is always first place  
For my heart they win the race

Noah Body

# Never Again

The demons were out the other night  
They played havoc across the sky  
The hatred in me rose to a new height  
Everything in my head was a lie

For three days I ranted and raved  
I was out of control and oh so wild  
My sanity simply could not be saved  
My actions only were those of a child

I have no excuses, no rhyme or reason  
It wasn't something someone did to me  
It wasn't beer nor was it the season  
There's no explanation that I can see

Words hard and cruel easily spewed out  
I couldn't halt them or turn them aside  
I know it was me without a doubt  
But now all I want to do is hide

I am more than ashamed at what I've done  
I haven't a clue what came over me  
It wasn't a game, it wasn't for fun  
How I could do that I just can't see

I know only this, as I sit here  
I lay my name to this in pen  
I swear it here in words so dear  
What I say is never again

Noah Body

# The Light At The End Of The Storm

During a thunderstorm the sky is dark and full of clouds  
Filling the sky from end to end they bump together  
And lightning bolts are released! KABOOM! goes the thunder!  
The wind, whipped by the storm, thrashes your hair and pulls at your clothes  
It nearly bowls you over in it's intensity and ferocity  
The rain pours down in buckets, droplets big as a nickel  
Sometimes hail bounces off the sidewalk  
And all the while the dark lumbering clouds loom threateningly overhead  
You feel their weight even more then the rain soaked jacket upon your shoulders  
They weigh heavily not just on your body but on your very soul  
They hang there, dark, foreboding, causing your spirit to cringe at their evil  
intent  
The ferocity of nature unleashed.

But then the storm ends.  
Slowly the wind dies  
The hail ends, the rain trickles to a stop  
The clouds begin to break up  
And like a promise from God the sun breaks through  
It's rays form a halo where they shoot through the clouds  
The sun peeps out, shy at first but ever more confidently  
Light falls upon the earth below and your spirit soars  
The weight on your soul lifts and you feel like you could dance for joy  
All is right with the world. Nature is once again at peace.

That's exactly where I am right now.  
The storm has ended and the sun's rays shine down upon me  
Life has returned to my soul and my spirit soars  
I am at peace as the peace of the world seeps into my bones.  
I've weathered this one and it was very violent in nature  
This has not been the worst storm I've had thrown at me  
But it ranks up there with them.  
I have seen the sunlight follow the storm and I know  
I've made it through this one, I can make it through the next  
And the next, and the one after that  
For always there is an end to the storm and the sun shines forth again

I feel God's promise. Never will He give me more then I can handle, with HIS  
help

Noah Body

# Into My Shell I Shall Retreat

Into my shell I shall retreat  
Hiding from the world out there  
At the table I haven't a seat  
I will vanish into the air

Their savior I have tried to be  
Of those failings I am so full  
As always I just never can see  
In the china shop I am a bull

Trying to help I blunder about  
Wreaking damage, harming hearts  
The pain I create causes me to shout  
Of that pain you wanted no parts

In greater wisdom better I knew  
All that it was that you needed  
I claimed to be listening to you  
Yet your cries of pain I never heeded

And you paid the full price of my ego  
You cried out and I heard not a sound  
Now tomorrow they go of you to let go  
They go to plant you into the ground

I know not what to say but sorry I am  
For failing you in your time of need  
I have failed you dearly, contrite I am  
I am full of such sorrow and pain indeed

Noah Body

# Forever Friend

I have a friend who's heart is made of shining gold  
The best of friends if I may be so bold

Forever friend is what she calls me  
The best of friends is what I call she

She's offered me life when it was gone  
My life her words depended on

When all my life hung by a thread  
When it was a moment before I'd be dead

She was there to hear all my woes  
Before her all my worry goes

So this tribute goes to my friend  
Let us never come to the end

Forever friend have you declared me  
Best of friends forever are you for me

Noah Body

# Insanity Is The Name Of The Game

Insanity is the name of the game  
It's always there just the same

To live with it isn't much fun  
The pain of it, me it does stun

From the land of hell out it flows  
Over all it touches pain it bestows

Hate yourself it makes you do  
It makes you yearn for death too

It kills all the light in your life  
Leaves you with nothing but strife

But over all I guess I should be grateful  
Though over all life it makes hateful

I have two eyes, five fingers and toes  
Two ears, a mouth and above it a nose

Three kids have I and grandkids four  
And a wife who loves me ever more

And friends to lean on whenever I need  
How lucky am I, am I blessed indeed

So when my insanity is taking it's toll  
When I'm down and out, bad luck's on a roll

I will try to recall all of my blessings  
And take from them the needed lessons

Noah Body

# The Emptiness Within

Lost and all alone in the void  
In the blackness, drifting alone  
No sky above nor earth below  
Only pain for which I must atone

If not for the pain there's be nothing  
Empty is it all, no heart, no soul  
Nothing but blackness above an below  
Nothing to see no matter which way I roll

But the emptiness without  
Is as nothing when compared  
To the emptiness within  
Nothing there to which I can be paired

All around me is emptiness  
The void is without, me it surrounds  
But the void within, it's so much worse  
The emptiness within grows in leaps and bounds

Noah Body

# The Black

The black is so deep it's tangible  
I can feel it crawling over my skin  
It is punishment for transgressions  
Just rewards for a life of sin

It seeps into my pores, into my blood  
Slowly, inexorably it oozes into my mind  
It sucks away all that's bright and shiny  
It devours everything in me that is kind

Life doesn't exist inside the hated black  
Like a vast cloud it blots out all the light  
It colors all of the world like disease  
And it hides all of the good from sight

It is but a chancre on the face of life  
A vile cancer that all beauty mars  
It's disease ridden face all good destroys  
It leaves behind nothing but scars

It is a nasty, evil, destructive thing  
It attacks all the light, all that is passion  
It has a name, this vile and evil thing  
It's name is anathema, it's called depression

Noah Body

# Then He Sat Back And Laughed

He was all powerful, all seeing  
All knowing, the great and powerful Oz

He created a land of milk and honey  
And gave light unto that land

And He filled it with the birds of the air,  
The fish of the seas and all manner of beasts

He filled the fields with flowers and grasses,  
and caused vast forests to grow

He made great and beautiful mountains to spring up  
And vast chasms of awe and majesty to form

There were deserts and grasslands,  
Rivers and seas, vast reaches covered in ice

And everywhere life teemed.  
He saw it but was not pleased.

Something was missing,  
This would not serve His purposes

So he filled all the lands with people  
Made in His own image

He gave them dominion over all  
And the power to love and care for all that He'd created

And it was good.  
But still He was not pleased.

All was good, too good for His purposes.  
So He created the night, the black

And He gave to mankind hatred and warfare  
And all manner of black and vile things

He released despair and loneliness  
He set forth as much evil as He'd released good

Evil to torture those souls that He'd created  
Then He sat back and laughed.

Noah Body

# Adrift On A Timeless Sea

The waves lap gently at the sides  
The tiny splash of their passing  
Almost unnoticed among the eons  
The sails flap ever so lazily  
Stirred but slightly by the mild breeze  
The wake barely trails us as we drift  
so calmly upon this ageless sea

Time passes us but we do not pass it  
It stretches out forever both fore and aft.  
Having come from nowhere  
Taking forever getting from there to here  
We have no place to go  
And we're in no rush to get there  
We have forever to arrive there  
We are adrift on an timeless sea

The days pass endlessly  
Never the same but ever changing  
Always the quiet lap of the waves  
The same gently stirring breeze  
The hypnotic ripple of our tiny wake  
Horizons never changing  
Yet never standing still  
The sea carries us but we go nowhere  
Someday we may arrive there

We pass onward, ever onward  
Going nowhere with no undue haste  
Slowly, inexorably we pass into the sunset  
To glide our way out of the sunrise on the morrow,  
the ever unchanging tomorrow

We await the storm, the one we're sure will come  
The inestimable fury, the waves lashing at us,  
The winds making the sails crack as they whip  
Our wake will be lengthened, we'll gather speed  
With all haste we will head for home  
Across the ageless expanse of the timeless sea

Noah Body

# A Friend Like You

I know it hasn't been said  
That I love you too  
Yet I am so lucky  
To have a friend like you

One who holds me up  
And makes me smile  
When I am so down  
Down there a mile

When I'm crying tears  
And I'm feeling so blue  
You let me know  
That I mean something to you

When my world is dark  
And full of pain  
You make me feel  
Important again

When I'm standing here  
Feeling all alone  
You let me know  
That I'm one of your own

Thank you my friend  
For always being there  
and letting me know  
You really do care

Noah Body

# An Angel In Black

An angel in black looks over me  
She's always there, ever let it be

Each of us has a guardian angel you see  
Mine is always there looking out for me

She makes me smile whenever I'm down  
She does her best to wipe away the frown

Her garb may be black but her heart is so white  
She always brings to my soul the light

How lucky am I to have friends like she  
Looking out and watching over me

She never falters, is always so true  
Even when I'm at my worst and feeling blue

A soul made of gold, and shining so bright  
For me her words are always a welcome sight

Though she hasn't her wings surely she's earned them  
My deepest insanities she's taken, then she's burned them

Thank you my angel, may your days always be bright  
I can't see these words because tears burn my sight

Tears of joy that so lucky I've been  
To have you there, though you I've never seen

Thank you Monica, you're my true Angel in black  
Thank you forever for having my back

Noah Body

# Where Have You Gone

Where have you gone  
I really need to know  
I keep waiting and hoping  
For you to show

When I look in the mirror  
I see you in there  
But when I search inside  
I find you nowhere

All that I find  
Inside of me now  
Is an evil darkness  
That hides you somehow

So I ask the darkness,  
No, I beg it to give  
You back to me now  
I want you to live

It answers with thoughts  
That belong to a stranger  
The emotions that come  
Are even more of a danger

So come back to me now  
I cry out to you  
For if you're gone forever  
Then I've lost me too.

Noah Body

# The Room Of Gloom

Here I am outside of your room, the room of gloom  
Standing here trying to get in to reach the man that dwells within  
In the gloom there is another, a woman with words upon a screen  
She says the words you want to hear  
The words she says, they are not real  
They're just words you want to hear  
The one who loves you is standing near  
Outside your room, your room of gloom  
How long will I loom outside this room of gloom  
I fear not long, I'm growing tired of being alone,  
I'm just tired.

Noah Body



PoemHunter.com

# The Land Of The Lost

The land is dark as midnight on a moonless night  
in the middle of the sea  
The landscape empty and barren as the great salt flats  
Nothing grows there, nothing lives there  
It is a lifeless land, full only of pain  
Light never reaches it, life never touches it  
It is empty and shall always remain so  
It is the land of the lost

To enter this terrain is to give up your life  
To a life of loneliness and pain  
Abandon all hope all you who enter for there is no escape  
The land will suck you dry,  
It drains the very life from you  
It doesn't respect what you've done in life  
Nor who you love or who loves you  
It matters not what you've accomplished  
It will eat you

A lone figure strides this land,  
full of the pain delivered by the land  
More dead than alive the figure roams  
The land looking for escape  
But escape is not to be found  
Soul as empty as the land,  
The figure knows no hope of surcease  
Lost in this land it would welcome even death  
Anything to escape the pain

The figure roams the land  
And is as empty and lost as the land itself  
There is no light for this figure  
Not from without, nor from within  
It's soul is black as the night of the land  
Nowhere to turn, it matters not where it roams  
No release, no comfort, no help, no hope  
It is as lost as the land itself  
It yearns for the release of death,  
Anything to escape the land within which it's trapped

It longs for the joy of a welcoming voice,  
The comfort of a firm handshake  
The peace and contentment of a loving heart  
Someone to love and to be loved by  
A friend on whose shoulder to cry,  
To release some of the terrible pain  
To break the loneliness,  
To fill the emptiness  
A light to push back the darkness

Who is this pitiful figure?  
Who is it that is trapped in this dreadful land?  
Who is it that is lost in this vast emptiness?  
Who is it that has to struggle so to maintain hope  
In such a hopeless and joyless land?  
Who is this sorrowful figure,  
So bereft of comfort and joy,  
So lost in the darkness of this land?  
Who is this lost figure?

It is I.

Noah Body

# Faith In A Friend

He questions his life and feels let down by "friends"  
they have disappointed him over and over again.

They said "you can trust me, with anything you say"  
then he tells them his thoughts and they run away.

No where to turn, they have all disappeared  
why did he tell them, what they didn't want to hear

The darkness that follows him every single day  
the confusion, the sadness, a life of disarray

His jumbled thoughts he must keep inside  
he has no where to turn and just wants to hide.

Who can he trust with his deepest of doubts  
the pain is unbearable and just needs to come out

He bangs his head and cuts to bleed  
to let out the pain in his time of need

He has found a friend he thinks he can trust  
but panic sets in and he feels that he must

Must keep it inside or this friend will leave  
and he will be alone and truly grieve

A true friend will never turn away  
and will listen to all that you have to say.

So trust in this friend, in your time of need  
believe that this friend will never leave

When all the others have turned away  
Accept that a Real friend will always stay.  
No where to turn, they have all disappeared  
why did he tell them, what they didn't want to hear

The darkness that follows him every single day

the confusion, the sadness, a life of disarray

His jumbled thoughts he must keep inside  
he has no where to turn and just wants to hide.

Who can he trust with his deepest of doubts  
the pain is unbearable and just needs to come out

He bangs his head and cuts to bleed  
to let out the pain in his time of need

He has found a friend he thinks he can trust  
but panic sets in and he feels that he must

Must keep it inside or this friend will leave  
and he will be alone and truly grieve

A true friend will never turn away  
and will listen to all that you have to say.

So trust in this friend, in your time of need  
believe that this friend will never leave

When all the others have turned away  
Accept that a Real friend will always stay.

By A Friend

Noah Body

# No Peace For Me Will There Ever Be

The beast is coming, he is back  
And he will cut me no slack

Closer he creeps, stronger he grows  
How to stop him nobody knows

His steely claws dug deep in my head  
I'm here to get you is what he said

To grab you and make you wish to die  
I hear him say it with naught but a sigh

Ice cold fingers of death and doom  
Fill my head with nothing but gloom

Into my mind like a thief he creeps  
And into me all his evil seeps

It's no use fighting him it seems  
He's there to ruin all of my dreams

Like the tide he just can't be stopped  
Not even when all my bubbles are popped

Inward he sneaks and stronger he grows  
Why he comes each of us knows

He'll make me weep, my sanity destroy  
He treats my heart like his own little toy

Into shreds he'll rip my sacred soul  
Nothing but sorrow will he dole

His playground will be my precious mind  
I cannot fight him with anything in kind

He is strength where I am so weak  
Yet some peace is all that I seek

No peace for me will there ever be  
As long as his war washes over me

Noah Body

# I Am The Void And The Void Is Me

I drift in the void.  
Alone, not even echoes to accompany me  
Motionless, I spin through life  
But it doesn't touch me  
Abandoned by all  
Neither do I touch life  
Nothing to slow me down  
Nothing to halt the spin  
I am a hole in the fabric of life  
A vacuum at it's center  
I am the void, the void is me  
It has consumed me  
I am antimatter in the universe  
Polar opposite to the matter of the world  
I am nothing  
A complete absence of all  
A black whole in the substance of the universe  
I drift anywhere, nowhere, everywhere  
All of life passes me by  
Passes right through me  
I am without form,  
Without substance  
Nothing touches me  
No joy, no pain, no love, no hatred, no tears  
For I am the void and the void is me

Noah Body

# A Space Odyssey

Out around Alpha Centauri  
Adrift and lost in space and time  
Drifting slowly in the black of space  
All I know is control ain't mine

In a tiny craft that is my world  
Comets and meteors shoot on by  
Passing near and far in my sky  
One simple hit and she'll not fly

A black hole waiting to suck me up  
The event horizon there somewhere  
If it catches me I'll not escape  
I'm sorry to say I just don't care

The missiles that fly by are my thoughts  
The black hole is found at my core  
My mind has turned against me  
And when I die it'll be at the fore

That tiny craft is my lonely life  
Lost out there around a star  
Why this has happened I don't know  
All I know is I'll not go far

Before the end comes out of the black  
Before a missile from deep in space  
Comes shooting in to take me out  
Finishes me before I'm done that race

I cannot wait for it to happen  
I welcome that end, I long for it  
My life is a shambles, worse than hell  
I'll not miss it, I'll have no fit

Noah Body

# I'M Grateful

It's another day of normalcy. I'm so lucky and soooo grateful for these days.

I'm grateful that my depressions have gotten milder even if they have been lasting longer.

I'm grateful my manic periods are staying at the hypomanic level and only lasting a day or two.

I'm grateful the insanity has for the most part stayed away. It's so nice to be sane.

I'm grateful for my wife who stayed with me through the worst of those insane periods. She is my bedrock. I don't know what I would do without her.

I'm grateful for my kids who love me so. They are my foundation.

I'm especially grateful for my grandkids who are my life.

I'm grateful for all you who supported me through those times of insanity. You all have been my bulwarks against the storm.

I am so grateful to be alive when I have tried so hard not to be. Life is a treasure gifted to us all.

I'm grateful for this day. Each new one brings new opportunities and new challenges.

I'm grateful for the chance to be grateful. I have come so close to not having anymore chances at all.

Noah Body

# The Dark Of The Soul

Evil blackness in my soul reigns supreme  
Inward the darkside forever draws me  
The evil irresistible or so it may seem  
It never leaves me, never lets me be

When I walk in the warmth of sunshine  
The rot at my core sucks away at the light  
The love and warmth are not to be mine  
Forever on the land's face I am a blight

The odiferous smell of the land's blight,  
That stink that eats at the core of your soul,  
Causes all hope forever to give flight  
Like from a gunshot runs away the foal

Diseased is the blackness of my own heart  
It's nature is vile beyond all my dreams  
It makes all the light inside me depart  
All is rotten right to the core it seems

Disease and rot eat away at my core  
Face it is something I can no longer do  
I can simply, plainly do it no more  
It has beaten me forever and killed me too

Noah Body

# I Want To Write Something Profound

I want to write something profound  
I want to touch hearts and minds  
To bring tears to eyes  
And smiles to faces  
I want to stir thoughts  
Fire up the mind  
Something to be remembered  
And cherished  
And loved

I want to change the world  
With my words I want to move hearts  
Bring peace to war ravaged countries  
Love to the stone cold heart  
Awe to the bored and lonely mind  
I want to be a force  
For good among all mankind  
To bring mankind to soar among the stars

But alas I am mired in the mud  
I can't break free from the earth  
The darkness of the pit surrounds me  
It's walls enclose me  
I am buried alive  
And living I am dead  
My heart beats  
My blood circulates  
I breathe  
Yet I am dead

The coldness of the grave  
It envelopes my soul  
I aspire to greatness  
And I fail once again  
The stars elude me  
For I am lost in the pit  
Death surrounds me  
Calls to me like a long lost lover  
I can't break the chains

That shackle my hands and feet

A desolate wasteland is my home  
I wanted to bring light and life  
Instead I bring darkness and death  
I want the sunlight, the glory of life  
Yet the pit has swallowed me whole  
I want to be remembered for grand ideas  
But still death and disease are my domain  
How can I bring love to the world  
When this barren landscape surrounds me?

Noah Body

# Echoes Of Christmas

The tinkle of ladies voices in the kitchen  
In the den the basso rumble of the males  
From the yard the laughter of tiny tots  
Beneath them all the sound of Christmas tales

Mistletoe and garlands garnish doorways  
In the corner a 12 foot tree towers high  
Brightly lit and ornamented with much care  
Then admired by all oft with a sigh

Tempting smells of cookies in the oven  
Goodies and food on tables there for all  
Wines and Irish coffees freely flowing  
Making sure all here heed the season's call

The empty blackness swallows the love and joy  
And mutates bright colors to shades of gray  
Evil, cold, and lonely it overshadows all  
Relentless it keeps all rays of light at bay

They say echoes can't happen in a vacuum  
But they've never lived inside the black  
Where echoes of Christmas just never stop  
Reverbing from the walls then bouncing back

The brightness of the sounds bring only pain  
Never to be touched by outstretched claw  
Icy daggers slicing heart and dying soul  
Leaving tortured nerves bloody and raw

Christmas sounds echo from steel clad walls  
Testing sanity's limits and it's bounds  
A gun, a noose, the pills the hope to stop it  
Anything to end the echoes of those sounds

Noah Body

# The Geometry Of The Cycles

Can you picture the steep and craggy alps?  
Lately that has been the sine wave  
Of the hated beast driven cycles  
That drove me deep into the cave

Depression and mania bringing madness  
Like blitzkrieg warfare against my mind  
Frequency and amplitude ever rising  
Until peace I just couldn't find

The beast raging completely unchecked  
Alien thoughts and emotions filled me  
Slicing bloody ribbons from my soul  
No matter what they refused to let me be

To the cave I went and dumped it all  
In self defense to keep me sane  
Poured out all of the madness  
Left behind all of the pain

Until the frequency and amplitude  
Eventually gentled and began to wane  
Like Pa's gently rolling foothills  
Allowing me to again feel sane

Now the sine wave has morphed into a line  
Just above the center of the scale  
Mild hypomania is now ruling all  
That's all there is to this tale

Except to tell you that at last  
I've left the cave for the world  
And the light and love there contained  
And hope's flag is once again unfurled

Noah Body

# From Inside The Cave

This cave is cold and dark  
But I'm not here on a lark  
It's all about self defense  
I failed with the fence  
Walls of steel didn't isolate  
Everyone managed to breach the gate  
Now I'm hiding inside a cave  
My sanity trying to save  
Cold, dark and lonely it may be  
But that's all that's inside of me  
I think I'll hide here all this day  
Can't bear the sun, not one ray

Noah Body



PoemHunter.com

# Dorothy In The Land Of Oz

Feeling like Dorothy in the land of Oz  
I left my home just because

Split in three, each built a nest  
One turned away each and every guest

Pieces were scattered all around  
Which was real could not be found

Psychosis filled the besieged brain  
Most likely brought on by the pain

Struggling insanely to escape  
The evil dark and cold landscape

Planned to leave them all behind  
Can't leave my brain I did find

Duct tape, monkey glue, maybe superglue  
To hold them as one, not three or two

Breaking up was easy I confess  
Restoring all to one - what a mess

Noah Body

# I Am Humbled Here

I am humbled here that is a fact  
Such wonders here contained  
To b granted the privilege  
Of reading and experiencing  
The works and emotions  
So enchantingly expressed

I fear my dark writings  
Do not belong  
Among such wonderous prose  
Shameful they are  
The temptation to remove them  
And find someplace else to keep them  
Where they shall be hidden

I am embarrassed to leave them here

Amazingly awesome authors here thrive  
Draw such wonderful pictures  
Elicit intense emotions  
Sometimes over powering  
I could browse forever  
If only madness and life  
Would not intrude

Noah Body

# It Is The Cycle Of Bp, It Is Your Life

First it goes up then it goes down  
Forever it goes around and around

Never resting, always spinning on and on  
Destroying the mind till all sanity's gone

Inward it rolls then it turns out  
Placing your sanity always in doubt

Never resting, never slowing  
You never know where it is going

It carries with it your hopes and dreams  
All resting on a whim or so it seems

It tosses them over here and there  
It treats them without any care

Your sanity is it's play thing  
No truth from it ever does ring

It makes you always question your mind  
Places in doubt of what is it's kind

Onward it spins, forever it rolls  
Never mindful of the pain it doles

Relationships it wrecks, lives it destroys  
Plays with them like they are so many toys

It has no compassion, it never feels sorrow  
It cares not a whit for today or tomorrow

All that matters is it spins like a top  
And that it will never come to a stop

It is the cycle of BP, it is your life  
It's always there, ever causing you strife

Noah Body

# A World Without Hope

So dark and dreary  
Not one ray of light  
No not even nearly

Not a possibility one  
To be found in the land  
For without any hope  
Live is ever so bland

Good things just will not come  
Better days will never be found  
If you cannot hope for them  
They will never come round

Hope is belief in better things  
It is trusting it won't always be bad  
It is believing that it will improve  
It is knowing you won't always be sad

So give yourself hope for another day  
All you must do is to believe  
Or the sadness that weighs on your soul today  
Will never end, it will never leave

May the good Lord grant me this prayer  
A day without hope may I never face  
It is an integral part of what I am  
A poor member of the human race

Noah Body

# In A Land Of Darkness Am I Lost

In a land of black darkness am I lost  
I want out of this land no matter the cost

I'm tired of tears burning down my face  
Of the thoughts setting my heart to race

Thoughts of death, of peace at last  
It's set in stone, the die is cast

The emptiness that eats me alive  
Is buried way down deep inside

It sucks up my soul and spits it out  
The pain of it makes me shout

On the wind my cries are blown  
No one to hear, away they've flown

Still in my head the echoes ring  
But of love and joy I'll never sing

For no heart is inside of me  
Just a hole like you'll never see

With death I have a date ahead of me  
A date from which I cannot flee

Not at all do I worry over my fate  
Peace at last, I just can't wait

Noah Body

# The Dying Of The Light

The darkness approaches time after time  
It comes without reason, it comes without rhyme

Slowly it creeps up to my soul  
To attack it without a drum roll

With stealth and cunning it sneaks up on me  
To try to best me before it I can see

It can't be stopped, it comes like the tide  
There is no escape, nowhere to hide

I sense it's coming, I'm not unaware  
That onward it creeps right over there

Raise the drawbridge, lock up the gates  
This is the onslaught that my heart hates

Even to my last breath will I fight  
Battle to halt the dying of the light

Noah Body

# When My Heart Stops It's Beating At Last

I sit and watch and I wait  
For it to stop before it's too late

It's back and seems it's here to stay  
No matter what I do it won't go away

It draws me down into that dark hole  
It's my life and dreams that it stole

Pervasive darkness is all around  
Not a spark of light to be found

The chill black that of the grave  
Me no one will never, ever save

The hole is so deep I can't climb out  
And no one can hear me when I shout

There is no bottom and so I free fall  
The walls echoing with my sharp call

Help me please is my pointed plea  
It tears the heart right out of me

There's no one to hear, no one to listen  
As hot, burning tears on my cheeks glisten

It's light at last from the fires of hell  
A welcome sight though my soul I will sell

A welcome reprieve is hell's searing heat  
It sears my soul and stops my heart beat

And when my heart stops it's beating at last  
I will have found peace, surcease at the last

Noah Body

# Into The Wind

The wind blowing in my face  
Sets my strong heart to race

The road that beneath my feet rolls by  
Carries me to that great orb in the sky

White lines and blacktop stretching out  
Leading to freedom without a doubt

Into the bend, scraping the pegs  
The power throbs between my legs

Wide open throttle down the straight  
Then hard on the brakes before it's too late

It matters not turning left or turning right  
Each vista I pass is a brand new sight

One with the road going who knows where  
Someplace off in the distance right over there

Listen sharp I hear the road calling me  
I answer that call cause it sets me free

The wind in my face carries me away  
To the land of my dreams on this beautiful day

Live free or die I have heard it said  
On my two wheels I will never be led

The wind and the blacktop show me the way  
To a land where dreams ever hold sway

Noah Body

# To My Dark Angel Of The Night

To my dark angel of the night  
Always watching over me  
Even when you're out of sight  
May you always fly free

Though you yourself are a wounded soul  
Never trusting and always in pain  
You've proven you have a heart of gold  
May your love never go on the wane

When you're hurting and lost  
When tears threaten you  
When you just can't stand the cost  
When you're feeling so blue

Please let me be there for you  
Even if just to give you loves  
As you're always there for me too  
Peaceful as a flight of doves

I wish you every happiness and joy  
All the best this world can bring  
For Christmas I wish your favorite toy  
Let your heart do naught but sing

That heart that's made of gold  
Is the world's highest treasure  
If I may only be so bold  
It's value knows not a measure

I wish for you your other could see  
The you I see, the you I know  
That he would only value thee  
Then you would never want to go

So to you my angel I raise a glass  
Of happiness and good cheer  
So drink a toast and let it pass  
For to you I will drink a beer

Noah Body

# Through A Glass Darkly

The glass is dark and grungy  
It filters out all of the light  
It turns all beyond to shades of gray  
Darkens all that was ever bright

Through the glass seen only dimly  
Scenes of a life pass oh so slowly  
The life they show is so treasured  
Even though it be ever so lowly

The scenes passing by in gray and black  
Reflect a life that lived has been  
One where joy and light once was found  
One that happiness once was in

But as they roll by they grow darker  
The joy and happiness begins to fade  
The light it is in full retreat  
There's only tears in which to wade

The black it grows and starts to devour  
All the life that shows in these scenes  
The sanity fades and madness creeps in  
Like a babe as off the tit it weans

The darkness begins to take over  
Soon all is black and hard to distinguish  
Starving it devours all of the light  
All the fires of life it will extinguish

Soon this life will reach an end  
Who will mourn it and wish it back  
Surely it's owner will never so wish  
For the fires of life he will lack

And so we soon come to the end  
All is black, nothing can be seen  
The black of the grave has engulfed it all  
There's nothing left on which to lean

Noah Body

# I Willingly Take On What Is My Due

Oh the pain we cause when least we suspect it  
It causes aches like we never expect it

It tears at your heart to know you're the cause  
Makes you hurt like no other if only because

I'd take that pain upon myself  
If only it would be just upon myself

That pain belongs to no other  
Only to me and not to another

That pain is mine without doubt  
I'd never do my life without

I willingly take on what is my due  
Just know that I'll always love you

Noah Body



PoemHunter.com

# Homeless Birds

The little birds fly round and round  
Looking for a home that can't be found

Chirping and twittering, so many sounds  
Looking for the joy that in life abounds

It's here somewhere they know in their heart  
If only I could help them with that part

Lost little birds without any home  
Doomed forever to just simply roam

Lest help from someone they can find  
But to that hope they just cannot bind

Still hope they have never given up  
'tis why they fly down then they fly up

For somewhere there must be a place they belong  
So they will keep circling for ever, so long

Their song rings out and calls to my ears  
They battle onward despite all their fears

I pledge them my life if I can only but help  
More promise I've made then since I was a whelp

For their flight is my own, I've flown it before  
When I thought that all hope had flown out the door

Noah Body

# Meds, Meds, Ever More Meds

Meds, meds, ever more meds  
They all seem to go my heads

They make them so sluggish and dead  
All those meds just go to my head

Weak and limp they make both my heads  
Seemingly lost, not ready for bed

Limp and weak they make my other head  
It won't get hard no matter what she said

The head on my shoulders they make so dim  
That there seems nothing I can do with him

They tell me I need these meds to survive  
But I ask them when will my heads revive

Never as long as you're on these meds  
So give up thoughts of women in beds

And your thoughts, they'll never be clear  
So don't hold clear thoughts ever so dear

So I guess I'm doomed to live life so limp  
I may as well be as any other small chimp

Noah Body

# I Once Was Sane

I once was sane but now I'm not  
Insane thoughts in my head I've got

Thoughts of tearing and bashing all I see  
Thoughts of smearing and smashing even me

I once was sane but now I'm crazy  
In my head everything is hazy

It's all a blur and so indistinct  
I can't keep going on instinct

I once was sane but now I'm insane  
Any hope of normalcy is on the wane

Leaving me doubting my very mind  
Looking for something I can't find

I once was sane but now I'm not  
All hopes and dreams have gone to rot

Noah Body

# I Sing A Good Song

I sing a good song  
Don't get me wrong

But when it comes down to it  
I find that I'm just not fit

To give anyone wise words  
That's just for the birds

How can I counsel to you  
When I'm lost there too

Think not of death I cried  
All the while inside me died

Get some air I said  
While laying in my bed

You are worth it I crowed  
While convinced I'm a load

I counseled you be strong  
While knowing I was wrong

Strength is not for such as us  
We don't have tickets for that bus

Life's God's gift to us I said  
Always knowing where it led

To a lock it does lead  
To an unwanted life indeed

You are unique I stated  
While life inside me waited

For the death that comes for sure  
That will make everything so pure

I'ts not your fault I told you  
And all the while I blame me too

I fear I've led you astray  
It just won't ever go away

Death is the only sure escape  
Superman I'm not, I have no cape

I'm just a man who thought he knew  
But now I'm ready to join you too

Noah Body

# Normalcy

Outside the sun's not shining  
The temperature's nice and cool  
It's nowhere near nice enough  
To go swimming in the pool

But in here, in my heart and soul  
It's so warm and oh so sunny  
That I feel I'm blinded by the light  
It's so bright it's not even funny

Things have changed for the better  
I'm full of normalcy and good feelings  
The dark is gone and the light is back  
I thank the Lord for these healings

Now to the future I am looking  
Eagerly and with so much hope  
The future is so much brighter  
Then the jewelry worn by the Pope

Noah Body

# The Black Ring

The black ring is there before you  
It has come to torment, you to devour  
It has come before you to punish you  
It is there because this is the witching hour

It's walls feel like velvet stretched out forever  
It sings a song, you can't help but hear it's call  
On it's edge you twist and teeter  
You dare not listen lest you fall

It's siren song pulls you forward  
Sets your heart to beating like a drum  
Panic sets in and makes you scream  
You don't know where it's come from

A slippery slope leads to it's edge  
You slip and slide, try to draw back  
It shines like plastic, stretches like rubber  
It is the color of the darkest black

As down the slope you begin to slip  
Panic sets in and you just can't hide  
From the pull of those walls oh so black  
The fear in you you just can't abide

You slip some more to the edge  
Then into it's maw you are falling  
It's pull is panic, it's draw is death  
And into it's depths you are falling

Noah Body

# In The Past I Will Live

The sun is shining  
But my heart is pining  
For times gone by  
I just don't know why

Singing a song of times gone by  
Never wondering how, what or why  
Ages past were so much more fine  
Like the aging of a very fine wine

The past is always so bright  
When things were oh so right  
Now the future is here  
It snuck in with a sneer

At my whole life entire  
That burned up in the fire  
Of self hatred and despair  
That came from I don't know where

I look back and see joy and love  
They were so like gifts from above  
When times were good and I was sane  
Now all those times are on the wane

The future holds nothing for me  
For it's full of darkness you see  
Shades of black and white and gray  
That fill each and every day

It'll be over I don't know when  
I should have died way back then  
With captivating joy in my heart  
Something from which I'd never part

So for now in the past I will live  
There sunshine to my heart I will give  
And I'll ignore the future's dark  
For to my soul it shows no spark

Noah Body

# Looking For Inspiration

Looking for inspiration but it's a dry well  
Not an idea one, no ringing of the bell

I looked on the ground, I looked in the air  
I just can't seem to find it anywhere

No ideas come to me as I sit and wait  
I wish one would come before it's too late

I just feel like writing for me if you please  
But nothing comes to me at all with ease

So I'm off my rocker looking to be inspired  
If I wrote like this for pay I'd surely be fired

My life must be boring, humdrum and dry  
For the life of me I just don't know why

So I thought I would write this dry little prose  
Because it is better than playing with my toes

Senseless it is, that is oh so true  
But it stops me from feeling oh so blue

I hope you got a chuckle out of this rhyme  
Because I am rapidly running out of time

Noah Body

# Rage

Rage seethes through your body  
In your arms and in your legs  
Your mind just can't control it  
Now matter how hard it begs

You feel it in your very bones  
Heart racing, breathing hard  
Blood pressure's up, gotta stop  
Before you dare play this card

Unreasoning and blind,  
It'll tear you apart  
You will kill someone  
If they ever dare to start

It threatens to boil over  
Erupt in a fiery ball  
In a nasty explosion  
That sure won't be small

It overshadows everything  
That's in your life right now  
You've got to get control back  
Now matter what, no matter how

Control is an elusive thing  
That always escapes you somehow  
Try as you might to capture it  
It's never there right now

It's out there on the horizon  
It's just over there somewhere  
And you just have to grasp it  
How you can't afford to care

Noah Body

# Then My Thoughts No Longer Will Reel

Thoughts flying this way and that  
Now that is where I am at

Head in the clouds  
Not buried in shrouds

My eyeballs are twitching  
That isn't so bewitching

My knees are a knocking  
Back and forth they're rocking

Finger's flying on these keys  
Faster than even my eye sees

There's no need for sleep  
Now isn't that too deep?

I'd be on top of the world  
If my thoughts hadn't whirled

Right on past that purpose of mine  
Stopping but briefly time after time

It's impossible to slow  
Where ever these thoughts go

Faster and faster I spin like a top  
I'm heading there and I just can't stop

Ideas and projects tumble through my head  
They did even before I got out of my bed

What to do to occupy my mind?  
If I only had an idea of some kind

But ideas flit in then they flit out  
Of my brain without so much as a doubt

Focus is something I cannot do  
It's something foreign to me too

I am not always like this  
When I'm normal it's like bliss

Then I can focus and think  
I say with no sign of a wink

My limbs don't jump and twitch  
And you'll never hear me bitch

That my thoughts are whirling  
or that my muscles are curling

Then when I'm down I'm full of tears  
I just want to drink so many beers

Insanity runs rampant during that time  
And my self image isn't worth a dime

If only normal I could be  
Each day for all eternity

But God has seen fit to hand me this test  
Try to deal with it I must do with my best

With His help I still will prevail  
Of His strength I myself will avail

And I'll come out stronger than steel  
Then my thoughts no longer will reel

Noah Body

# Awesome Is The Power Of The Word

The words flow onto the screen  
Their effect on me sight unseen

From the insanity they're my escape  
From that dark and lonely landscape

All my tears they wash away  
From me they will ever stay

As they flow the dark they take  
Its more then my life as stake

My sanity, my very mind rides there  
What they say I just don't care

As long as the thoughts forth from me go  
I will be safe, this is one thing I know

Better out there then held within  
I'm as sane as I have ever been

In their passing the words will save  
My sanity for I will not rave

So let those words flow out  
It'll save me have no doubt

Awesome is the power of the word  
As my thoughts take flight like a bird

It can heal a broken heart  
Join together what was apart

Or tear your soul into tiny parts  
And wound so many other hearts

To the world it can bring peace  
Or ignite wars that never cease

Here I let it bring that peace to me  
That only it can bring to me you see

So worry not when I type bullshit  
It's just my way to get rid of it

Noah Body

# I Wish We Could Be Friends

Once we had it all  
Passion and love  
Blessed by the Lord  
Blessed from above

Passion that was so deep  
Love that was so strong  
We thought to ourselves  
How could this be wrong

Wonderful is what it was  
It felt so good and right  
It made each and every day  
Shine always so bright

It made us so happy  
And life was oh so grand  
Each day ran away from us  
as grains of time's own sand

I couldn't wait to hear your voice  
Each and every blessed day  
To email you and get your response  
Never with nothing to say

The times we spent together  
Were the best times of my life  
We always seemed to mesh  
And never had any strife

Would that we could be together  
From now and ever more  
But these words are all that's left us  
No matter they be so poor

For it was wrong we be together  
And hurt others the way we did  
We knew that sure as day follows night  
Or our love we'd never have hid

I love you still my darling  
And know that I always will  
I see you in my dreams each night  
And hear your voice even still

I will miss you now and forever  
I wish we could be friends  
Now before the world stops  
And before all time ends

Noah Body

# Above The Mountains I Soar

I'm running oh so high  
When I'm high I'm fast  
That's when I feel good  
The die has been cast

My thoughts spin so fast  
Round and round and again  
Remembering everywhere  
That I've ever once been

They're spinning away now  
Flying this way, that way  
I don't know what to do  
Or what I should say

Sleep is one thing  
That I don't need  
When I'm going this way  
Running with speed

Good thing too because  
It's something I'll not get  
When I'm flying this high  
I will lay you a bet

The sky's the limit  
And the world's my own  
There's nothing for which  
I think I must atone

Riding hypomaniac winds  
Above the mountains I soar  
It's a joy and a wonder  
And it's never a bore

Someday it will end  
And to earth I'll return  
But for now I'll soar  
Like a rocket I'll burn

Noah Body

# At The End Of The Day

The darkness is growing  
But my face isn't showing  
The fear that's within  
Where it's always been

The fear of that dark  
Doesn't give me a spark  
Of the hope or love  
That comes from above

That hope and love is lost  
At such a greater cost  
Then I can ever repay  
at the end of the day

The black that is back  
Ever cuts me no slack  
It is always out there  
Way over there somewhere

Always waiting to get me  
To do me in you see  
I can fight it no more  
It's too much a chore

The shadows are long  
I'm just not that strong  
I don't have it within  
To fight it and win

In the end I am weak  
The victory I seek  
It is so far away  
At the end of the day

Noah Body

# Love's Sweet Sting

Have you ever loved beyond life  
Have you ever loved and lost  
Wished you had them back  
No matter how great the cost?

Have you ever felt the agony  
The enduring unbearable pain  
Longed to feel their arms  
Wrapped around you again?

Have you ever cried hot tears  
That burned down your cheeks  
As you sat and wondered  
What is it that love seeks?

Have you ever felt the burning  
The incredible longing ache  
And wanted to return to then  
No matter what's at stake?

Are you stuck in the past  
Where that love can be found  
Crying softly to yourself  
Your sobs the only sound?

If so then you've felt the burn  
The bite of love's sweet sting  
Yet there's no way to return to then  
You can do nothing, not one thing

And feeling that burn know  
That it's not something to regret  
Love like that is something that  
You'll only one time ever get

Noah Body

# I Know That You Can Do It Lord

Here it comes, it's on it's way  
I can feel the bad schitte coming  
It's on it's way to curse me  
And it ain't just a humming

First there's hearing without hearing  
Then there's out of body blackouts  
Next comes the depressive ways  
And they just ain't gonna backout

Like a Sword of Damocles  
It dangles over my head  
I wish it weren't coming  
I'd rather I was dead

To have this pressing worry  
Weighing on my soul  
Leaving in my heart  
One great big hole

Is pure hell on earth  
Let me say that to you  
It destroys my sanity  
And peace of mind too

I wish I could escape it  
Go away somewhere far  
Too far for it to get me  
I wish it on a star

If only I were never born  
Never, ever came to be  
Then it'd all be better  
As far as I can see

Lord grant this wish for me  
This one tiny little wish  
I hand my life over to You  
Hold it up as on a dish

Let it not be filled with evil  
Keep all the bad at bay  
I know that you can do it Lord  
If only You will say

Noah Body

# The Rain (Reprise)

Rain falls gently down  
Upon all that lies below  
Scrubbing bare the grass  
Washing away the snow

Falling down out of leaden skies  
Clearing the air as it goes  
Running down the window  
In neatly ordered little rows

Washing clean the sky it passes  
Down below upon the earth  
Making all of the streams  
Bubble over with mirth

Stroking the earth as it goes  
Passing by with little giggles  
That set me off once again  
As I watch it flow in tiny wiggles

Washing clean all it touches  
Washing away the grime and dirt  
Bathing the earth's sore wounds  
Leaving nary a single hurt

The waters of Mother Nature's rain  
Are here to be the earth's cool shower  
To scrub it clean of pain and woe  
And restore the earth's great power

As it falls it calms my soul  
It soothes my heart's own pain  
Cleans my mind of darkest thoughts  
Washes away every single stain

So thank you Lord for the rain  
To wash clean all Your creation  
And fall evenly across the land  
Across the face of every nation

Noah Body

# The Rain

Rain trickles down the window  
Outside the glass down it pours  
Drawing me, pulling me, into gloom  
For my soul it sets it's lures

The damp chill settles in me  
The chill of evil, of the grave  
I cannot resist the temptation  
My soul I just cannot save

Darkness settles on my heart  
To match the gray outside  
It has me in it's clutches  
I cannot run, I cannot hide

Despair taking root in my mind  
Always loathesome, hateful, despite  
My mind's a trap I can't escape  
My thoughts have all taken flight

Nay, this is not who I am  
It's not the me I thought I knew  
But with the coming of despair  
somehow I've managed to lose me too

You'd think the rain washing down  
Would wash away all of this pain  
But as I look out the window  
It's not a miracle, it's just rain

Down it falls from gray clouds  
That weigh heavy on my soul  
It's so dreary to behold  
The sky's one vast gray filled bowl

But tomorrow is another day  
It's only one single day away  
And I can't wait because as ever  
Tomorrow eventually becomes today

Better it will be on the morrow  
There'll be blue sky and the sun  
And when it comes to pass I will say  
Over despair and darkness I have won

I have beaten the rain before  
And one more time I will do so  
Be patient I must sit and wait  
For the rain to dry up and go

Noah Body

# Won'T You Be Mine On This Valentine's?

You're my heart, you're my life  
You're my anchor in times of strife

You're my angel, you're my soul  
When we're together we're on a roll

You make me the happiest man alive  
For my pleasure you always strive

Your touch sets my skin afire  
It is so, I am not a liar

Your eyes touch my deepest soul  
Filled with joy never taking their toll

Of my heart and love sublime  
Out of space and out of time

I belong to you as I always do  
I simply must say that I love you

Lips as sweet as the best of wines  
Won't you be mine on this Valentine's?

Noah Body

# The Dice Are Cast

Round and round and round they go  
Over the top and then out below

Spinning this way, twirling that way  
Never slowing, never pausing all the day

Each twist and turn is like a knife  
Cutting deeply, causing strife

The pain they draw, exquisite and dear  
It never lets up so have much fear

Like a river outward flows the blood they draw  
Never, ever stopping, not that I ever saw

In rivulets deep and strong it flows  
Cutting deeper, inward it goes

I cannot long this onslaught withstand  
It changes the face of my mind's own land

All that it gives is torture and pain  
It causes tears to flow like the rain

So a magic bullet give to me now  
One that will stop it all somehow

Put the brakes on this madly spinning world  
Stop these thoughts that are all in a twirl

And then there will be peace at last  
Don't fear for me, the dice are cast

Noah Body

# Negativity Is What I Am Called

No is what I mean and what I say  
Never is it yes, not in any way

Not is another as is the word down  
You won't catch me smiling, I only frown

Can't, won't and don't are words that fill my head  
Nothing is what I meant, and never what I said

From my mouth you'll won't hear giggles or a laugh  
'Cause if I were to do so it would be such a gaff

Nothing positive will ever pass these lips  
While the negative flows out my fingertips

My choice for colors is all black and gray  
No sunlight ever breaks the sky of my day

Deep in the shadows is where I always hide  
Happiness and laughter I will not abide

For negativity is what I am called  
I'm sure I will leave you naught but appalled

Noah Body

# Yes I'M Tired Of This

I don't know what to say  
But I'm tired of this pain  
I've had enough of the tears  
That fall from my eyes like rain

I'm tired of these thoughts  
That run through my brain  
Is it not enough  
That they ride a free train?

I'm so tired of being down  
And missing out on all the light  
It does nothing but  
Make me feel I've lost my sight

It has worn me to the bone  
No more can I take it  
I'm ready to surrender  
And say to all I quit

I've had enough by far  
And I am fed up with it  
I simply cannot take  
Anymore of this old schitte

It seems to come forever  
And never cuts me a break  
It makes my life a misery  
Even when I just wake

Yes I'm tired of this schitte  
Have mercy for God's own sake  
Maybe it would end  
If my life I do take

Noah Body

# Then Why Can'T We Be Friends

We started out as friends  
Then it grew to much more  
Now it's going nowhere  
For the love I have in store

I wish it had never been  
For all it was so great  
For I'd rather be your friend  
Then think it's me you hate

It burns my soul to not be able  
To speak with you sometimes  
I don't know how to tell you  
I can only speak in rhymes

I hope that you will read this  
And know I speak of you  
Know that I still miss you  
And I still love you too

But if that love can never be  
Then why can't we be friends  
I want to hear your voice once more  
Before ever it all ends

Noah Body

# Take Me Away, Way Over The Moon

Take me away, way over the moon  
Away to that land that's ever so far  
Over the horizon, out there somewhere  
Somewhere you don't even need a car

Let me ride the moonbeams up in the sky  
Ride them to heaven above us somewhere  
Up above in the sky that is so dark  
Ride them to there, I just don't care where

Gliding along over the beams from the moon  
Going there, where I'll have not a care  
Somewhere out there is the land of my dreams  
Where I'll be free of all pain and despair

When I get there I'll be full of such joy  
The earth shall not have me nor shall mankind  
I'll stroll through fields of grass and flowers  
I will be possessed of such peace of mind

But that place lives in only my mind  
Oh how I long for that land of my dreams  
A land of magic and beauty and peace  
I wish I could dwell there forever it seems

Noah Body

# Memories Of You

My heart sings loud and clear  
It's singing with memories of you  
A song so painful and bitter  
That it makes tears flow down too

I remember your voice as clear  
As if it were just yesterday  
That I heard it in my ear  
I can't believe it's gone away

I still read your emails every day  
I long to have the chance to say  
Forever, forever and a day plus one  
I miss you more each and every day

That'll never change, no it won't  
Forever I miss you, forever and a day  
As long as I miss you more each moment  
At peace my heart will never lay

In my deepest heart I say your name  
And dream pictures of your beloved face  
Those pictures make me cry some more  
And always they cause my heart to race

If only it could be as it was  
But we had our day in the sun  
Brightest light shining clear  
Though it really wasn't much of one

Still I want to say to your ears only  
I miss you my dear, I miss you dearly  
I wish this pain would go away  
That this hurtful it wasn't nearly

But if this pain is a sign of love  
Then so gratefully I will accept it  
If it ties me to you for one moment  
It is worth it, each little bit

Noah Body

# From My Soul To Yours

The moon orbits the earth  
The earth orbits the sun  
Timeless they go round and round  
Moving together, moving as one

So we circled, you and I  
Touching each other, touching as one  
The past was gone, the future bright  
Now it is over, now it is done

Tears well up as I remember  
The possibilities and the joy  
Me playing the man, strong and sure  
You playing the woman, ever so coy

The future was bright and endless  
It rolled on and on, ever on  
All the light in the world was ours  
Now it is over, now it is gone

The pain of it all burns me  
Seers my soul ever so deep  
The pain of losing something so great  
Over my heart it slowly does creep

Know that for me, in the depths of my soul  
It will always be there, it will never end  
All the love in the world and happiness too  
From my soul to yours I always do send

Noah Body

# I'Ve Fought It Before, I'LI Fight It Again

The blackness, ever the black  
Always the dark, never the light  
It saps my strength, kills my resolve  
It's impossible to continue the fight

This way I look, that way I stare  
But I cannot see anything at all  
To help me grasp the walls of the pit  
I just cannot arrest my steep fall

It sucks at me, sucks at me  
It drains all my will  
That it is back at all  
It is a most bitter pill

I have no defenses  
Nothing left at all  
All light in the world  
It causes to pall

This pit that I'm in  
Is ever so deep  
I think that this day  
Away I must sleep

If only my mind  
Would shut down for good  
In the sleep of the grave  
Forever rest I could

The bitterness of hatred  
Is what I feel for myself  
In sorrow and pain  
Must I always delve

What a joke this is  
So rotten and cruel  
This isn't funny  
Nor is it a duel

I've fought it before  
And I'll fight it again  
I just wish that it didn't  
Bring such goddamn pain

Noah Body

# Because It Is Back

The black is back  
Long live the black  
Come to stay for a while  
Full of sneakiness and guile

The light is gone  
Who needs the light?  
It merely serves to bare  
The imperfections out there

Pain rules over all  
Welcome back the pain  
Now at least I know where  
I stand, oh why do I care?

Despair is right there  
Come on in despair  
With it comes the tears  
It brings all the fears

Self hatred is next  
That's all right  
I never liked me anyway  
So at peace I'll not stay

Is it always this dark  
Wherever you live?  
It always is over here  
So I'll shed not a tear

Though the tears do press  
On the back of my eyes  
I will never let them win  
They won't flow down again

Despair eats at my heart  
Self hatred beats on my soul  
Peace of mind it has eaten  
My self worth it has beaten

I will drown in the tears  
And scream at the pain  
Hide my face in the black  
Because it is back

Noah Body

# The Blending Of The Days

One day flows into the other  
Never different, always the same  
Yet some are filled with joy  
And the others filled with pain

They blend together in a big blur  
Mixed together as if in a blender  
I can't tell them apart, not a one  
It makes me want to go off on a bender

Anything to differentiate these days  
To keep them from running together  
Sometimes I wonder why I care  
It's all the same, even the weather

Nothing ever changes, day in day out  
Nothing but the pain, here today  
But gone tomorrow, always threatening  
Like a sword of Damacles dangling away

Today is what? Just another day  
I can't even tell the day of the week  
Just give me a way to tell them apart  
Because it's not surcease I seek

Does the sun shine down  
with it's everlasting light?  
Else I just cannot tell  
Is it day or is it night?

Is it me or is it not?  
There's no telling them apart  
These days that run on  
Blurred together right from the start

The only differences in the day are that there's  
Happiness one day the very next there's the pain  
Never an end to it, it goes round and round  
It all makes the tears run down, falling like rain

All mixed and jumbled up in my head  
Why can I not tell these days apart?  
I'm not dimwitted, nor close to stupid  
If I say so myself I am quite smart

First the pain, then the joy  
Next thing I'm feeling so numb  
Yes the blending of the days  
Makes me feel worse then dumb

Noah Body

# The Unquiet Mind

It never sleeps  
It never stops  
All over the map  
In great big hops

Round it goes  
And round again  
Never pausing  
I just can't say when

Turning that way  
Turning this  
Even though  
The wheels go hiss

Restless thoughts  
Running around  
No peace is there  
It cannot be found

No sleep for it  
No rest at all  
It'll never stop  
Yeah though it fall

It never slows  
Though it falls behind  
That's why it's called  
The unquiet mind

Noah Body

# Thank You God For This Day

Thank you God for this day  
With family and friends it was filled  
I'd have it no other way  
Now at it's close I am so thrilled

All was filled with magic and wonder  
Slow, mild cycles were the day's order  
Not once I did I have to tear it asunder  
Never did I go over the border

My kids showed love for each other  
Brother and sisters they were for the day  
Not a single fight, they didn't even bother  
With love and peace they passed it away

Even the grandkids were well behaved  
Painting and playing with all of their toys  
While their mothers over the stove slaved  
This brought to my heart so many joys

This day was filled with much love and joy  
With peace and contentment we were all filled  
Santa was good to me though he brought me no toy  
He brought me better, one and all were good willed

Noah Body

# 'Twas The Night Before Christmas, My Version

'Twas the night before Christmas and all through the house  
Every creature was stirring, even the mouse

No stockings were hung by the chimney with care  
Because St Nicholas would never be there

When from out in the front there rose such a clatter  
'Twas the Grinch and our treasures climbing down a ladder

A moan and a cry rose to the sky from us all  
He'd taken everything, down to the last Christmas ball

With no lights and no tree, no garlands and stockings  
Saying Merry Christmas to us would be so mocking

However could we count on the coming of St Nick  
When everything was gone, it made us feel sick

But wait, in the sky, what is that right there?  
A miniature sleigh and eight tiny reindeer

He was coming! He was coming after all  
It hadn't mattered about that last ball

The lights and the garlands, the stockings didn't matter  
It was coming after all and our depression did scatter

Christmas was coming despite that mean Grinch  
May his backside ever be caught in a winch

So remember it now, it's a lesson well learned  
Out in the workforce it will never be earned

Christmas is in the heart and it cannot be taken  
By that mean old Grinch when your treasures he's raking

Noah Body

# My Heart Is A Fragile Thing

My heart is a fragile thing  
Never mean to be harmed  
It's limits unknown  
They haven't been farmed

It beats on its own  
forever going on  
Ever working it goes  
Despite this sad song

For there's people out there  
Who would cause it such pain  
As it has never felt  
Nor ever again

I don't have a clue  
I don't know why  
They'd cause such pain  
To a wonderful guy

But I know this though  
I promise it's true  
The best they can do  
Is to make me feel blue

They won't beat me  
Not ever ever say I  
I'll be happy again  
In the blink of an eye

To hell with them  
Screw them one and all  
They will never bring me  
To the brink of the fall

I'm stronger than that  
screw them and their stars  
My heart floats above them  
Out among the far stars

Noah Body

# This Moment In Time

This moment in time  
Is all that we're given  
Treat it dearly  
Before it is riven

Don't look back  
Last moment is passed  
Like a stone in the sea  
It has been cast

There may not be  
A next moment for you  
So worry you not  
Over that one too

Make this one count  
Live it to your best  
Ability to do so  
Don't take it in jest

Lord grant you the wisdom  
To live fully today  
So that I missed it  
You won't have to say

Noah Body

# Joy

Joy is a treasure to behold  
It lightens the heart,  
Or so I am told

Often sought, seldom found  
It is the grease that  
Lets this world go round

It is indeed a treasure  
One of a few that  
Always bring you pleasure

Yes joy is made of gold spun thread  
So fragile yet so valuable  
Always longed for, so it is said

So today seek your greatest joy  
Don't treat it lightly  
For your greatest joy isn't a toy

Wrap it tight in your arms  
Treasure it always.  
Ever keep it from harm

It'll serve you well when the chips are down  
When the sun stops shining  
When on your face grows a frown

Noah Body

# I Am Trying To Be A Happier Soul

It has lifted, this dark and black mood  
But I fear that it isn't gone for good

It's still there at the edges right there somewhere  
It makes me want to pull out my hair

I'm torn 2 ways, ever up and back down  
Don't know where I'm going but I haven't a frown

Not a smile is there ever to be found  
It's lost in the snow covered ground

But no frown is there upon my face  
Not a one, not the slightest trace

I know that I'm moving out there somewhere  
But the direction I'm going is up in the air

My mood is uncertain, it's changing somehow  
If it doesn't get better then I will have a cow

My nerves they are frayed, all over I shake  
I feel that I'm standing in an earthquake

My head is clogged with thoughts of all kind  
I don't know whose they are but they aren't mine

I can't sleep a wink, not one little bit  
The thoughts are running, it just doesn't fit

The world is spinning, it simply won't stop  
I want off of this wildly whirling top

Like the world I spin around and around  
The way to stop me hasn't been found

I know this spinning will stop someday  
If only it happens before death comes my way

It exhausts me and makes me ever so tired  
On the bottom I bounce, in the mud I am mired

I know that someday better it will be  
This depressive person cannot be me

I am trying to be a happier soul  
I don't know which way the dice will roll

Noah Body

# I Say Thank You

I'm feeling blue today  
And because of that  
I just want to say  
I appreciate  
All the love that  
Has come my way

I never knew  
All the bytes and bits  
Could carry such love  
With all of the hits  
I Promise to stop  
Having such fits

Joy and peace  
Will return some day  
Then I will have  
Some more to say  
But insanity will never  
Again come this way

For all the support  
I say thank you  
All of you people  
Are always so true  
So I'll keep it away  
When I'm down and blue

Noah Body

# The Eyes In The Mirror

Not warm  
Not cold  
No invitation  
Repulsive  
Souless  
Lifeless  
Empty  
Gateways to hell  
Devoid of everything  
Dead

Where did they come from?  
Who do they belong to?  
Why do they stare at me?  
What do they see?  
Who do they see?  
Or do they see anything at all?

Noah Body



PoemHunter.com

# Riding The Waves (Ramblings)

Riding rolling waves  
Up, down, again and again

Riding high into the sun  
Into the sky with the birds

Light and warmth abound  
Shrouded in the soft glow  
Peace soothes my heart  
Tears melt away into smiles  
Pain subsides,  
Despair burns off  
As a fog in the sunlight

I crest the wave  
Hang there in the light  
Start to slip down the backside  
Into the pit.

Into the maw of the beast.  
My heart breaks, my soul bleeds  
For every inch I sink  
The despair dials higher  
Pain shoots through my mind  
Tears start to torment me  
Peace vanishes, like a thief in the night  
Turmoil takes it's place

Down, down I slide  
Into an endless night  
Where the sun never touches  
Down to where the worms devour all  
No more sunlight, no more birds  
Only the evil black of the darkest night

Lost, I flounder in the night.  
Then the pit passes and I start to rise up  
Up and up, and up some more  
High into the sky

To the crest of the next wave  
There to start all over again

Such is my cycle  
The cycle of my life  
Just another one of many cycles  
That make up this world we call home  
Day into night and night into day  
Never ending, never changing  
For time immemorial

Noah Body

# Locked Behind Walls

Locked behind walls  
Walls of my own making  
My grave lies within those walls

Alone, so all alone  
Out there life passes by  
In here is only death

My heart weeps  
My soul sobs  
My face is damp with tears  
It hurts so good

I can't do this again  
No more, no more  
He wins

Leave me alone  
So lonely  
Nothing, nowhere to be found

Life is pain, pain is life  
No more pain, no more life  
I deserve to die

I bang my head on the walls  
Without leaving a mark  
They are impenetrable

Let me out of this prison  
Built with my own hands  
The only escape is death

The walls close in  
Press in from every side  
They are my world

Life isn't worth living  
Death comes for us all

Come for me now

Walls, walls, walls  
Everywhere walls  
There is no escape

I surrender  
Better off dead

Noah Body

# Forever It Lasts

I'm in a mood today  
Whatever I do  
I can't find a way  
To smile at you

There's snow on the ground  
Piled oh so high  
There's no joy to be found  
Beneath the gray sky

It's lost all it's luster  
This life that I live  
As I continue to bluster  
Two schittes don't I give

I want it to end,  
This lousy life  
I don't want it to wend  
On in endless strife

Not happy am I  
Nor will I ever be  
I'm too tired to try  
And I will never see

An end to this schitte  
It won't ever come  
Forever lasts it  
forever and some

Noah Body

# I'M On Top Of The World

I'm spinning round like a top  
I never know where I'll stop

My thoughts they are a racing  
And my feet they are a pacing

My hands they are a trembling  
Calm they're not resembling

My head it is a whirl,  
I'm on top of the world

It's mine to do with as I please  
Love and peace will never cease

It all lies at my feet  
I will give myself a treat

Lightning bolts I will hurl  
From on high, the top of the world

Don't worry, if you've no hate  
Then you'll not suffer that fate

Those with love I will gather  
Everyone, it doesn't matter

Brothers we'll be, one and all  
We will hold this world in thrall

So it's best you be full of love  
Or off this world you I'll shove

Noah Body

# A Brave Little Craft

I'm riding a boat in a wild torrent  
A tiny little boat, a valiant craft  
It's inundated with waves  
From it's very fore to it's aft

Totally adrift, at the sea's mercy  
No oars or rudder with which to steer  
No way to keep steerage, no way at all  
It's fate in the hands of God I fear

Little craft against the waves  
I cry out like a little child  
Stop it now. Stop it please  
Little craft, adrift in the wild

Rocking, rocking, it's always rocking  
To and fro, up and down, all around  
I keep looking for landfall anywhere  
Looking for it but it's not to be found

The little boat never does stop  
No rest for it is to be found  
It just keeps shaking, quaking  
And rocking all around and round

Up one wave, o'er the bow it breaks  
Down the next, down always down  
First sliding then running  
Down it goes, it can't be found

Faithful little boat never gives up  
Riding the waves barely staying afloat  
It keeps beating the elements  
Keeps winning does this tiny boat

Hooray for this brave little craft  
For without it I'd be dead in the sea  
There is no one to provide rescue  
So in the end I'm left with just me

Noah Body

# Thank You Lord For These Days

Better days are here today  
I hope that they  
are here to stay

If I stay on my pills  
I hope that I  
Won't have ills

The world was black  
And now it's white  
The LIGHT is back!

The sun is shining In my heart  
And I am not pining  
Now that is a good start

It is held at the bay  
I hope that peace  
Is here to stay

The war that waged in my heart  
Was ever so violent  
I was caged from the start

Now it's all peace and calm  
The peace I'm feeling  
Is ever a balm

Thank you Lord for these days  
Good and bad, they are mine  
In many different ways

I will live them the best I can

Noah Body

# My Heart Is Dark And Cold

My heart is dark and cold  
There is no life left sad to say  
It's not gone for good I am told  
It's only gone for today

Though the light be gone today  
Light and warmth will be back  
It'll be there come some day  
This I know for a fact

Emptiness I am feeling,  
For the pain to go I can't wait  
It has set my senses reeling  
I am not doing so great

Empty and barren I am today  
Like the farmer's fallow field  
Over all the land pain holds sway  
It batters and pushes against my shield

Pain may be here for today  
But away tomorrow it will go  
All the darkness will go away  
If anything else this I know

Tomorrow is another day  
God give me the grace  
To keep it at bay  
Or I might not show my face

Noah Body

# It's All That We'Re Given

I love the world  
and all that are in it  
I don't care what you think  
I just don't give a schitte

I am buzzed  
And feeling so good  
The emotions I feel  
Aren't made of wood

I am feeling so good  
That I thought I would tell you  
This world that I speak of  
It belongs to you too

It's a wonderful place  
This world that we own  
All of it's fruits  
Have never been sown

So live it and love it  
For it's all that we're given  
We need to make this world  
A tiny piece of heaven

Noah Body

# My Thoughts Are A Twirl

Help me, my thoughts are a twirl  
They're spinning around  
and around in a whirl

Round and round they go  
Where they'll stop  
I have no way to know

They're spinning down  
They're spinning up  
They're spinning all around

My head it's too full  
It's the proverbial  
China shop with a bull

My thoughts just won't stop  
No break will they take  
They are over the top

Too fast do they spin  
Around my poor brain  
Isn't it such a sin?

I can't pick just one  
Too jumbled are they  
It just can't be done

So out they all tumble  
In a mess that's so true  
They're just one big jumble

Noah Body

# My Lament

The darkness it is creeping  
Over all the land it is seeping  
It comes and it goes  
It's face it never shows  
Sometimes it comes and doesn't go  
Why? For all the world I wish I could know  
All in it's path it covers  
Over my head it always hovers  
Now it is coming back  
My brain it will wrack  
It's playfield is my emotions  
Like the shore covered by the oceans  
It covers me head to toe  
Like a fresh blanket of snow  
But not so peaceful, no way  
I guess there's naught else to say  
I'm caught in it's grip, there's no escape  
Like a square rigger caught at the cape  
Persevere, fight on they'll say  
And I want to cry out "No way"  
I want to surrender, give it all up  
Give me this not, fill not the cup  
I can't do it again, not any more  
I'm tired of this, it's become a bore

Noah Body

# This Time I Made It

The breeze came a blowing  
And the darkness went a flowing  
It's the same old thing  
same cycle, same ring  
In comes the evil, the bad  
It breaks my heart, makes me sad  
causes pain I wish I never had  
Makes me feel weak and always so bad  
Makes me hate me and more then that  
Makes me want to hit my head with a bat  
Then the darkness fills me  
And nothing thrills me

But next comes the breeze,  
It comes and puts me at ease  
A breath of fresh air  
And no pain no where  
It blows through my soul  
The darkness pays the toll  
It leaves me to be  
At peace you see  
No hurt, no pain  
It's all been slain  
By that breath of fresh air  
That comes from some where

Now normal I feel  
I am braced like steel  
For the return of the black  
For it always comes back  
Next time I may not survive  
But this time I made it.

Noah Body

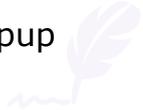
# I Want To Show You - For My Wife

I've taken you for granted  
That you will always be there  
The way that I've treated you  
Simply isn't fair

You've loved me through all  
Of the pain I've dealt out  
You've accepted it all  
And never given a shout

A more wonderful person  
This earth does not hold  
A truly fabulous person  
If I may be so bold

You are the strength  
That has shored me up  
Since before we had  
Our first pup



PoemHunter.com

Never a dropp of gratitude  
Have I shown to you  
But I do this to show  
That I care for you

31 years is a long time  
You've given your life  
To this pain I cause you  
It's been nothing but strife

I don't deserve you my lady  
I Never have, I never will  
For me my shortcoming's are  
A most bitter pill

All I want is to show you  
Just how beautiful are you  
I know that these words  
will fall short of that too

Noah Body

# Darkness Reigns Supreme

The darkness reigns supreme  
The light just can't defeat  
The dark that's there always.  
Of that dark there is no retreat.

Like a veil it shadows my world,  
Covering all in shadows so black,  
So deep that no light touches there.  
It lies there ever ready to attack

Deep and black, no words can describe  
The depth of the dark, the cruelty that's there.  
Language fails me, I just cannot tell  
How evil it is nor how your soul is laid bare.

Because soul sucking it is.  
It sucks the life right out  
Of your soul and leaves it all  
In severe pain I have no doubt.

I've felt it out there  
And I've felt it within.  
It's made me feel that  
My life's naught but a sin.

It has pressed me down,  
It has made me retreat  
From all that is life  
And that's quite a feat.

Hateful, it destroys my life.  
Hungry, it eats away at my soul.  
Spiteful, it hates all that is good.  
Ravenous, it devours life whole.

The darkness reigns supreme.  
Relentless, it's never ending,  
Because it never let's up.  
My soul's just not mending.

Noah Body

# Fate

Things blow away with the wind  
They pass away but never end  
Their hold fades to a distant ache  
Too far to fix, too far to send

They grow distant with time  
But their strength never wanes  
Their hold on me doesn't die  
They fill me with many pains

Though they vanish o'er the horizon  
Though they grow distant and small  
Though the breeze carry them away  
Come back to me forever I call

Don't abandon me as here I sit  
Don't leave me here lost and small  
Don't leave me alone to pine away  
I know not how to go on at all

It is said that it's all fate  
That indeed is a cruel master  
It gives a gift of joy and laughter  
Then it takes it away even faster

Just such a gift I was given  
I curse the fate that took it away  
I cry over the loss of such beauty  
I just don't know what else to say

Noah Body

# To My Wife, The Lady Of My Life

We've had many times, both good and bad  
We've given each other the best we had

Through it all, the highest high, the lowest low  
Through all those times, I have loved you so

Through the sweetest times, and the bitter  
You've been by my side, been my baby sitter

Through times I've hated you and you've hated me  
Though underneath it all love carried us you see

Great times and lousy times, we've seen it all  
But with love in the mix we shall never fall

I want to wake beside you every morn  
The force of our love I shall never scorn

I love you dearly, more so every day  
At your side I want to always stay

As the saying goes,

If you should live to be 100, let me live to be 100 minus a day  
So that I never have to live a day without you

Noah Body

# Alone In The Darkness

Alone in the darkness, can't you see?  
There's nothing left inside of me

I shout and I scream, there's nothing here  
Cause the darkness is all, that's what I fear

The shouts echo and rebound all around  
There's nothing here, naught to be found

Through the window life is out there  
Here I sit lost, alone and nowhere

Give me but a taste of that life  
Without the darkness full of strife

Feel the hatred, the sorrow and pain  
Taste the tears that pour down like rain

While all the world passes me by  
I sit here alone, my eye's aren't dry

The loneliness is worse it comes from within  
There is life all around, if I could only get in

Walls of my making, they're walls of thick steel  
Walling me off so I don't have to feel

But they work two ways those walls of mine  
Of life and laughter they give no sign

Only darkness and death await me here  
But don't you worry, shed not a tear

For I built these walls a long time ago  
And of my despair I'll try not to show

Alone in the darkness, can't you see?  
This loneliness is all caused by me

Noah Body

# My Life

My life is a bright and shining star  
That I must worship from afar

My life is love so pure and true  
And all the joy in my world too

My life is so precious and charmed  
And I must never let it be harmed

My life is full of wonder and awe  
At what my life is, that's all

My life always brings me smiles  
Across the distance, all the miles

My life is happiness and joy  
Makes me feel like a little boy

My life is beauty ever so deep  
Once it was mine all to keep

My life is my everything and all  
Forever and a day, holds me in thrall

I miss my life once it's gone  
But forever my love marches on

Love of life, love so strong  
I'll never let it go wrong

My life is all the world to me  
'Cause it's my life, don't you see?

My life is my life

Noah Body

# Life

Darkness and gloom is all that you'll see  
Nary a spark to light the way will there be

Pain and suffering will fill you, it's true  
The pain will consume you no matter what you do

Then loneliness and loss will make it a hell  
The loss will be great, whatever you tell

Next despair will come to cap off the bill  
Lost in this hell, regardless of your will

The suffering is greater then whatever you know  
It's a hell on earth, where ever you go

This is life, the life that you choose  
The one they tell you never to lose

They, the ones who haven't a clue  
What it's like to be only you

What a wonder this life is they'll say  
Without ever living a second in your day

They'll tell you how valuable it is  
Without a clue of the pain that is

They'll say that you must soldier on  
For them and for you, march ever on

They'll make you guilty for wanting out  
But they haven't a clue, without any doubt

I'm here to tell you there's a better way  
You can end it forever on any day

All you need to do is be strong and true  
You can end the pain and the darkness too

Choose to exit this life of despair  
It's the only way that to you is fair

Do it now before it's too late  
And the pain becomes too great

Noah Body

## Pain 2

It's sunny today but the world is dark  
Full of the pain to which I hark

That darkness is thick as the dead of night  
So thick and black it gives me a fright

I fear that it will never reach an end  
And I will be unable myself to defend

Pain is the light in this world so black  
It permeates all, it cuts me no slack

The pain is welcome o'er the blackness so deep  
But it allows me no corner, not even to sleep

It fills me up, keeps the emptiness at bay  
It is here for the morrow, it's moved in to stay

It proves I'm alive for as long as I hurt  
That means I am not planted in the dirt

The pain is everything, it's all that I own  
It is my world, for which I'll never atone

It brings on the tears streaming down like rain  
All that I see, all that I have, is this damn pain

I would cut off an arm to make it go away  
But it looks like the pain is here to stay

Heartache is the worst pain by far  
I wish it gone, I wish on a star

Noah Body

# From My Wife: Push Pull

You push me away  
Death pulls you near  
It's my love you fear  
It's my love that holds you here  
Fight my love fight to be free  
from the grip of death that holds you,  
from me. Hold on my love  
Hold on to me for I am the one  
who can set you free  
free from the heartache,  
free from the pain  
hold on to me and  
our love will sustain.

Noah Body



PoemHunter.com

# Normalcy - A Gift From God

What others take for granted  
What they have every day  
I cannot lose sight of  
If on this earth I want to stay

I like the feel, love the sound  
Of being normal this day  
Not sane or insane,  
Only normal in every way

Except there is no only  
To this gift that I've been given  
The pain of the insanity  
Has had its strength truly given

A gift is what it is for me,  
But it's only a normal day for you  
A true gift that I've been given  
And a special prize for me too

No more insanity raving through me,  
No more pain and tears flowing  
No more emptiness inside me  
For normalcy is now growing

No more racing thoughts and feelings  
No more more risky behavior too  
No more cutting, burning, punching  
No more hiding in the loo

No more wishing for my death  
No more planning to be dead  
No more feeling bad and ever sad  
For all the tears that I have shed

No more darkness to rule my life  
Only joy and peace are sounding  
The sanity has come back to me  
And the light it is abounding

Normalcy is a gift from God  
A treasure to be guarded  
A gem rare and beautiful  
And in my life it has started

Noah Body

# The Return Of The Light

No more darkness, no more pain  
Feeling better once again

No longer empty, no longer sad  
Smiles are back, life's not so bad

Hope has returned and with it the light  
I think that I shall continue to fight

The battle's not over, the war's not won  
It goes on forever, it's never done

But it bothers me not, I am prepared  
To fight on no matter how I've fared

Death's not an option, I shall not quit  
Regardless of what it takes to fight it

The light has returned, ever so bright  
And with it I feel always so right

Thank You my God is what I cry out  
To Him as ever, Lord hear my shout

Lord for this day I thank You  
And for the light I thank you too

Your love I feel enfolding me true  
And I'm not feeling nearly so blue

Truly this is a rare moment in time  
The peace that I feel I shall make mine

For the light is back and though it not stay  
It is here to bless me as ever this day

Noah Body

# You Don'T Know...

You don't know what it's like to be empty inside  
To be breathing and moving but hollow inside

You don't know the sound of your thoughts echoing in your head  
Nor do you know what it's like to not be able to get out of bed

You don't know how the darkness of forever waits for you  
How it's eager to suck the light and the life too

You don't know the insanity made of all the pain  
That gnaws at your insides time and again

You don't know the loneliness of life  
The gratefulness even for some strife

You don't know the longing for human contact  
When you feel that you're in life's last act

You don't know how wonderful a kind word can be  
Until you're lost in the dark, the light you can't see

You don't know how valuable is the presence of a friend  
Until you're hollow inside and just want it to end

You don't know how important are the sounds of a voice  
Until you're at your wit's end and left with no choice

You don't know the joy of a sunrise on a crisp cool morn  
Until you've seen the darkness of hell in which you were born

Or the beauty of birds' songs ringing out like the tones of a bell  
Until you've heard you own sobs echoing like the chant of a spell

You don't know regret if you never tried to atone  
You don't know peace until you've felt pain  
You don't know solitude until you've been alone  
You don't know sanity until you've been insane

You don't know.... until you do

Noah Body

# The Cheshire Cat

When is it ok to give it all up?  
When is it ok to be all alone?  
Is it possible to do this  
Without having to atone?

How many years must go by  
Before you're locked in?  
When leaving it all is  
nothing but a sin?

How much wasted time must go by?  
Does it ever get any easier  
To say good by  
without feeling sleazier?

How much of my life  
Must I give to this lie?  
For how many years  
Must I continue to try?

How much despair  
Must I continue to take?  
For how much time  
Must I live a fake?

How many times  
must I set myself aside?  
How many times  
Must I continue to hide?

When do I count?  
when does it matter?  
I feel like the Cheshire cat  
Or even the mad hatter.

I've given my life  
To this mad tea party  
It's not fun anymore  
It never was hardy

How much must I take  
Before I let go?  
How much more happen  
Before I say no?

Soon all that's left  
Will be my fake smile  
Pasted on my face  
Like a ceramic tile

I'll wither away  
And vanish in the air  
But my smile will stay  
And I won't even care

Like the Cheshire cat  
All that's left is my smile  
The rest of me lays  
on the floor in a pile

That smile's been glued  
on my face forever  
It's not real you know  
It is whatever

Noah Body

# The Stranger In The Mirror

I wait in darkness sublime  
For the end draws near  
In this place and this time

I am alone, so alone it's true  
There is no one here  
I am alone, so alone and blue

The darkness breathes and grows  
I batter it's walls  
And almost come to blows

I hate the dark but it's my lot  
It eats and consumes me  
As I sit here in this spot

In this dark I've lost my way  
I can't find the way out  
Though I try night and day

There's a mirror there and in it I see  
The eyes of a stranger  
Staring soullessly back at me

That stranger I hate more than the dark  
He sucks away my soul and life  
Then he snuffs out the spark

Who is this soul crushing one?  
How'd he get in my mirror  
And from where does he come?

Familiar are the lines of his face  
But his eyes are so empty  
Of his soul there's no trace

All there is is pain so vast  
Not a hint of a future  
Nor a trace of a past

Tortured is he that much is clear  
He has paid a price  
That must have been dear

Why in the mirror is it he that I see  
When all that I search for  
Is a glimpse of what's me?

Noah Body

# The End Of Everything

This is the end of everything  
I know and hold dear

My life is changed and I have  
every reason to fear

That I'll not be able to withstand

The passage of time  
the drain of the sand

I'm lost in this world,  
lost and alone

I fear I have everything  
for which to atone

For my existence I'm sorry  
it should never have been

It was a mistake from the start,  
And full of much sin

My actions I regret  
For my feelings I'm sorry

I never meant  
to cause anyone to worry

My failure's are great  
and oh so many

I've caused great pain  
and tears aplenty

And now all that's left  
Is to cause one great pain

And though your tears

might fall like the rain

The tears will end  
and the pain will pass

Then you'll be able to live  
at long last

Noah Body

# The Darkness Within Me

The darkness within me  
It never goes away  
It fills my life  
Each night and day

It turns good into bad  
It makes joy into pain  
Tears flow down my face  
Like never ending rain

Sunlight never falls  
Clean winds never blow  
I'm trapped in the land  
Of hell from below

The darkness within me  
It defines all my life  
It turns all pleasure  
Into nothing but strife

No shadows are here  
For that you need light  
None of that shines here  
Look hard as you might

It's blacker than hell  
Not the velvety black  
The blackness of death  
It is darker than black

The darkness within me  
All my world it destroys  
It sucks all the life  
Out of all of my joys

It's nothing but pain  
Joyless and dark  
There never is light  
Not one little spark

It fills all my thoughts  
And devours my soul  
Gnaws away at my ego  
Like a huge evil troll

The darkness within me  
Consumes me you see  
It's replaced all that's here  
It defines all that's me

Noah Body

# Alone

Life is dark and lonely,  
I feel that I'm the only  
One standing here alone  
In all the world I atone

The world is so black  
And I can't just go back  
To when it was blue  
And love was so true

All the colors have gone  
But it hasn't been long  
Since the day was so bright  
And the world full of light

It's all black and grays now  
And I just don't know how  
To bring back the joy  
Of life like a toy

There are people I miss  
Life is all amiss  
Without them here  
I just have no cheer

I'm adrift in this world  
And I'm all in a twirl  
I'm lonely you see  
I have no one with me

I see life all out there  
As I sit here and stare  
It's passing me by  
I just don't know why

That I'm destined to be  
All alone with just me  
In the midst of a crowd  
The silence so loud

All around me they are  
I don't have to go far  
It might as well be miles  
I see there's no smiles

Yet I move through life  
Never part of the strife  
I am always alone  
For what to atone?

I've lost most of my friends  
And I am reaching the ends  
Of all hope for change,  
Doomed to wander the range

All alone for my days  
never seeing the rays  
Of the sun that shines there  
Up in the sky somewhere

I'm seeking the sun  
Never finding the fun  
Of life that abounds  
Out in the towns

Doomed to this life I am  
Always stuck in a jam  
I wish I could end it  
I just cannot send it

Back to the place  
I felt joy in my face  
That place is so gone  
And I know it was wrong

But happiness abounded  
And I felt so grounded  
In the life that surrounds  
All the joy that abounds

Where has it gone?

How did it go wrong?

The answer escapes me

No matter where life takes me

Noah Body

# My World, My Life

My world is dark as midnight  
It's dark and lonely  
And it smothers the light  
Cause I am the only

My world is bright as the sun  
Full of life and light  
So much joy and such fun  
Everything so right

Then the shadows come back  
All self hatred and pain  
It's all so off track  
the tears flow like rain

Followed again by the light of day  
All energy and smiles  
Please let it stay  
Over all of the miles

The cycle continues  
Of darkness and light  
It tests nerves and sinews  
And sanity takes flight

Normality I taste  
Every once in a while  
But hope is a waste  
I dare not defile

This life is mine  
The one God gave me  
Maybe not so fine  
Think I'll just let it be

Noah Body

# Love Is Pain

Love is pain but pain is life  
That is why it's full of strife

If you can't take pain  
Then love will remain

A foreign thing for you  
Reserved for the few

It's a risk we take every time  
We fail to heed the warning signs

Love is pain, it cuts so deep  
It even interrupts your sleep

It isn't worth the risk I'm sure  
Of pouring out you heart so pure

It's best to keep it locked inside  
Away from the world, let it hide

Keep it locked up so tight  
Keep it out of of all sight

Love is pain, it hurts so dear  
It's not for me, of that I fear

Noah Body

# Who Am I? Where Have I Gone?

Who am I? Where have I gone?  
I remember me, the one I loved  
A person who was always strong

Now I'm weak and always sad  
Seems I've thrown away  
The happy life that I had

Who's this stranger sitting here?  
Filled with pain so fierce  
And the stasis of fear

Who am I? Where have I gone?  
I'm nowhere to be found  
I've been gone so long

The mirror shows a stranger's face  
One I don't recognize  
Even with God's good grace

It's an image I've grown to hate  
But I'm stuck with it now  
Seems like that is my fate

Who am I? Where have I gone?  
I listen intently  
But noone's singing my song

I used to be strong, full of pride  
Now I retreat to my room  
Where I do nothing but hide

By a code of honor I used to live  
Now self respect leaks away  
As if through a sieve

Who am I? Where have I gone?  
I've looked deep inside  
What I found is just wrong

I had an intellect sharp and bright  
Now my thoughts are dulled  
By the alcohol's bite

I was full of love for the world around  
Now I'm just empty inside,  
No heart to be found

Who am I? Where have I gone?

Noah Body

# From A Friend

If I could catch a rainbow  
I would do it just for you  
and share with you its beauty  
On the days you're feeling blue.

If I could build a mountain  
You could call your very own;  
A place to find serenity,  
A place to be alone.

If I could take your troubles  
I would toss them in the sea,  
But all these things I'm finding  
are impossible for me.

I cannot build a mountain  
Or catch a rainbow fair,  
But let me be what I know best,  
A friend who's always there.

Noah Body

# The Beast He Is Me

Now I understand so more of where I've been  
I wish those others could only have seen

It wasn't me that said all those things  
The mind wasn't mine, it was a bird on wings

Flitting about, all those thoughts so wild  
Spinning around, they couldn't be filed

Never resting, ever racing, never still  
So out of control, it was not my will

Paranoia so strong, it was not my fault  
My wounds all feel they're filled with salt

Psychosis it was, it comes from the beast  
This much I know at the very least

I've researched it, this is what I've found  
The beast it was, that truth does abound

It's cost was so dear I'll never recover  
The pain over me always will hover

I've thrown away love, tossed away friends  
The folly I'm guilty of knows no ends

I've given it all over to this beast  
Of my emotions he has made a feast

I've lost it all to this beast once more  
I've lost what we had, of that I am sure

I place all the blame on this little beastie  
Yet this much I know, the beast he is me

Noah Body

# True Love Is

A sunrise over a white sandy beach,  
Caring so much it's out of your reach,

Never the sunset unless it's shared,  
Hopes and dreams to each other bared.

Totally selfless, never about you  
Seeing them happy makes you so too

Thinking of them before any other  
Nothing at all is too much a bother

Losing yourself forever in their eyes  
Your heart takes wing and away it flies

Smelling their hair, touching their skin  
Is enough to give you the silliest grin

Forgiving them before ever you're asked,  
Living the pain with which you've been tasked

A rose petal to catch the tears from the pain  
The tears that roll down as if they were rain

The most amazing feeling you'll ever know  
Your loved one is the star of your show

Everlasting it will never subside  
It's ever too much for one to hide

Hard as a diamond and ever so rare,  
Soft as a baby's newly born hair

Limitless and endless, there's no bounds to see  
Even the edge of the universe seems closer to me

True love is ecstasy this much I know  
It sets your mind afire, your heart aglow

Noah Body

# I Want To Be

I want to be what? Let us see  
Just what it is I want to be

I want to be a help to each  
Of the persons that I reach

I want to be a father so great  
Myself my kids will never hate

I want to be the best pop pop  
Hugs from them will never stop

I want to be a man so strong  
My thoughts won't ever go wrong

I want to be the best person I can be,  
The best parts of me I want to set free

I want to be forgiven for all  
My screwups that came in the fall

I want to be sane, never insane  
I don't want my life full of pain

Of the me I am I want to be proud  
Not shamed and hiding in the crowd

I want to be loved for the me they know  
I don't want to have to put on a show

But more than all I want to be your friend,  
My love for you will never end

Noah Body

# Pain

The air so clear and crisp  
The night so dark and cold  
So familiar feeling this  
Full of memories new and old

The darkness on the inside  
The coldness grasps the heart  
It's unstoppable as the tide  
It never from me will part

The world all gray and black  
Mind and heart just the same  
It never cuts me any slack  
Always fills me with that pain

Yet I do recall the light  
Of the love in me so strong  
It always felt so right  
How could it go wrong?

I ask you if it's okay  
For me to love you still  
I just always need to say  
Love you forever I will

When the worst was all there was,  
My life was oh so dark,  
Your eyes set me a buzz  
My love was not a lark

The touch of your skin,  
Your eyes so dark and deep  
Placed me where I've never been  
Gave me dreams to fill my sleep

The scent of your hair,  
The hugs so tight and sure  
Made me more than care,  
Made me love you strong and pure

I'm sorry for this poem  
I know that you don't need  
This to invade your home  
Or upset your peace indeed

I'm so full of the longing  
For that light I once knew  
I can't keep myself from wronging  
The one I love as you

Noah Body

# To A Friend

I was blessed the day I met you  
God smiled on me and gave me a friend  
Someone special to make my life bright  
My thanks for you will never end

My days were often dark and gloomy  
Full of despair and darkness too  
I needed something to bring the light  
God gave it to me, He gave me you

Memories come, so strong and sure  
Times of joy and times of wonder  
Times when everything was so right  
Times when the darkness broke asunder

Although those times are now long past  
I thank God for the chance He gave me  
To have you to help me win my fight  
To have you there to help me see

That life is not all full of bad  
There's beauty there, you're the proof  
With you there to help give me sight  
I knew I didn't have to be so aloof

I thank you friend for those times of joy  
For showing me how great it could be  
For pushing back the dark of night  
For being there, for loving me

And though I miss you something fierce  
I always have you here inside my heart  
Wrapped up in love, shining bright  
Deep in there we will never part

Noah Body

# I Miss You My Friend

I miss you my friend, surely that you know  
You think you know what I miss, I've told you so  
But it's you that I miss, more than I show

You captured my heart many years ago  
You were the best friend I'll ever know  
But I miss you terribly even so

There was a time we could talk about anything  
And that we did, we spoke about everything  
Sometimes new, sometimes the same old thing

I miss you my friend, surely that you know  
You think you know what I miss, I've told you so  
But it's you that I miss, more than I show

We shared our hopes, our thoughts and dreams  
We were meant for each other, or so it seems  
I don't know why, or what it means

I'm not sure what to do 'cause it's over now  
It's all over now and I so know how  
I know what I did, you're no longer my pal

I miss you my friend, surely that you know  
You think you know what I miss, I've told you so  
But it's you that I miss, more than I show

I'm sorry for all, though it's too late  
To ruin everything is always my fate  
I just hope it hasn't all turned to hate

I'd give anything to again be your friend  
To bring our relationship back to the mend  
I hope time heals all, that this isn't the end

I miss you my friend, surely that you know  
You think you know what I miss, I've told you so  
But it's you that I miss, more than I show

Now when I talk like this I've crossed the line  
So sad that it's like that when we were always fine  
Or perhaps these thoughts are all in my mind

We once shared it all, always there for each other  
As long as I had you I had no need for another  
Now I feel that everything is a bother

I miss you my friend, surely that you know  
You think you know what I miss, I've told you so  
But it's you that I miss, more than I show

Noah Body

# Word Games

Up, down, all around  
Inside, outside, going to ground

The world was flipping  
And my mind is slipping

It's all good  
in the neighborhood

But I'm not there  
Think I am nowhere

Not in the world today  
Not around here anyway

The light's growing dimmer  
Inside me I simmer

As I watch hope fade  
Through the dark I wade

I've lost me again  
and I don't know when

or if I'll be back  
on the top of the stack

I hate this life  
Can't fight this strife

It's a game that's lost  
before the coin is tossed

The dark is calling  
under it's spell I am falling

It is seducing me  
As this beast is reducing me

To word games like here  
To keep me from going where

The beastie would take me  
cause it'll isolate me

Noah Body

# The End

You said to trust in this friend in my time of need  
Told me believe that this friend will never leave

Promised when all the other have turned away  
That you, a real friend, will always stay

And you stood by my side  
Helped me to brave the tide

You were a gift from above  
Gave me much more than just love

Well I have done it again  
I have caused that to end

I've always known that it would  
Even believed that it should

I don't blame you at all  
For the depth of my fall

It was a matter of time  
The fault is all mine

I'm not sure what I've done  
But I know it's not fun

I know no longer can you  
Put up with this zoo

I thank you for being there  
And even once daring to care

I will miss you my friend  
I'm sorry it has to end

Noah Body

# To My Best Friend

I was lost in the dark then I saw your light  
It gave me the strength to continue the fight

I doubted my worth and you gave me respect  
Such a gift from anyone I did not expect

I was broken in pieces and you gave me your glue  
How blessed I am to have a friend like you

I was full of sadness and you made me smile  
Side by side we walked my long torturous mile

I was lonely then you opened your heart  
Together we talked, you really heard my part

I walked thru life alone then I found you  
Every day I thank God that He gave me you

I felt like a bystander and you bade me join in  
You showed me how in life I can win

I was full of pain and you gave me love  
You, my friend, are a gift from above

So let me tell you now how special you are  
When I make a wish, you are my star

That shines up high, my light in the sky  
Thank you for being my friend

Noah Body

# I Am

I am sane and insane.  
I wonder how my grandchildren will grow up.  
I hear the breeze sighing through the trees.  
I see the clear bright blue sky.  
I want to be at peace.  
I am sane and insane.

I pretend to take part in life.  
I feel the warmth of a hug.  
I touch eternity.  
I worry that I'll never be normal.  
I cry when I feel all alone in the world.  
I am sane and insane.

I understand that life does go on out there.  
I say that God gives us no more than we can bear with His help.  
I dream of doing woodwork as beautiful as my father's.  
I try to be interested and to care.  
I hope to help others who are like me.  
I am sane and insane.

Noah Body

# Isolation

The walls press in like weights  
The silence hangs like the dead sea  
I'm the one who lately hates  
The stillness that surrounds me

Other bodies fill my home  
Noise and commotion do abound  
Yet here I sit alone  
In stillness with no sound

My head's full of the dark  
My heart's broken in two  
To my memories I do hark  
They press in on me too

I'm isolated again  
When facing others I just balk  
Yet I remember when  
I had friends with whom to talk

The loneliness is pain  
It wreaks havoc in my soul  
I'm sitting here again  
The hurt takes it's toll

Don't know where I went wrong  
That I deserve this ache  
To be alone all day long  
Is more than I can take

My world lacks any light  
No joy does it contain  
There's nothing that is bright  
It's full of only pain

Noah Body

# Life Passing By

I walk outside and hear their voices  
See them standing, walking, making choices

Actions and interactions,  
each forming their own reactions

So much life all around  
But none in me to be found

I watch it pass me on by  
Feel Like a satellite in the sky

Life So near yet it's so far  
The world's there, the door ajar

It's tempting as a cake  
Yet I cannot partake

I stand and watch, all alone  
Listening Like I'm on a phone

I want to join in that life  
But I just can't seem to get it right

Noah Body

# Grandkids

My Grandkids make the world go round  
In and out and up and down

To my eyes they bring smiles  
That fill all the miles

I travel in life's game  
I love them the same

My heart swells with joy  
At their love of a toy

My patience they try  
Yet I will never ask why

For they were given to me  
A gift from God I now see

I thank Him for this treasure  
For they are truly a pleasure

Yet sometimes I guess  
I wish He'd bless me less

And bless their parents some more

Noah Body

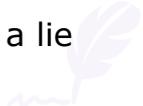
# The Tears Are Rolling

The world grows dimmer  
As I sit here abiding  
I feel like I'm lost  
All alone and hiding

The tears rolling down  
The thoughts so insane  
I'm full of despair  
And so much pain

I'm missing things  
That I'll never regain  
Things that I've lost  
Now cause nothing but pain

The tears are rolling  
And I fear I know why  
My heart is breaking  
This isn't a lie



PoemHunter.com

I'm going nuts once again  
Right off of the deep end  
And my love I will never  
Again be able to send

The tears are rolling  
Down out of my eyes  
Like the rain that is falling  
Out of the skies

I am wanting to die  
To leave this earth so fair  
I sit in a corner  
And into space I stare

The tears are rolling  
I don't want to live  
Without any love  
I have nothing to give

I'm insane again don't you see  
My thoughts aren't my own  
The thoughts of a stranger  
I can do nothing but moan

The tears are rolling  
I try to drown them in beer  
It's a hopeless effort  
I have reason to fear

My head I bang into the wall  
I never cry out in pain  
For my soul is so dark  
It's covered in stain

The tears are rolling  
My eyesight's so blurry  
Choked sobs come out  
All in a flurry

My arms both ache  
To be burned once again  
But I'll burn them not  
Because this is the end

Noah Body

# To My Angel Of The Night

You are a special one  
This is always true  
You have to go now  
Please take care of you

You will be missed  
This is also true  
We will always be  
Worried for you

Please find a way  
I know you can  
To take care of you  
With that man

Keep positive as  
Only you can do  
Don't wait for life  
To drop that other shoe

You've been a good friend  
And I will miss you dearly  
I want to hear from you  
More often than yearly

You've kept me sane  
And on the straight and narrow  
You've carried my woes  
In your wheel barrow

Now it's the time  
For me to repay  
All that you've done  
Each and every day

If ever you have need  
No matter how big or small  
All you need do  
Is to give me a call

And I'll be there for you  
As can only a friend  
Don't let it sweat you  
This isn't the end

Friendships don't pass away  
Into the night  
I will always be there  
To help you with fright

Noah Body

# The Light's Last Fading

It was a bright and sunny day  
Til the light began to pass away

The sun, his journey complete,  
Sinks into his nightly seat

The light grows dim and dark  
As I watch the sun's last spark

How I hate the fading of the light  
How I dread the coming of the night

My day has lasted 3 days, this is true  
But the approach of the night has me so blue

I can feel the light passing away  
I'm hoping it'll be there another day

It's yet there, though it has grown dim  
Oh my sun, how I'll miss him

As always it does, the night approaches  
And for me it always reproaches

I fear the night and what it will bring  
I know that for joy I will never sing

As the light fades away so do I  
I'm down off that emotional high

Down in the dumps I'm off of that top  
It doesn't even help that I am a pop

Oh how I dread that light's last fading  
It drains my soul, the darkness is shading

Noah Body

# The Battle Rages Within

The land has grown dim  
The battle rages within  
It's fought for my soul  
A most terrible toll  
In silence it passes  
The light it surpasses  
My Sanity the prize  
Of these darkened skies  
A prize that's so dear  
I'll lose it I fear  
Hopeless it seems  
It's taken my dreams  
Onward it wages  
Evermore it rages  
The battle may end  
My heart it will rend  
But the war goes on  
Ever on and on  
Victory so dear  
I'm losing I fear  
Insanity ahead  
I should stay in bed  
Winning is out  
I want to shout  
But a draw maybe  
It's all I can see  
The fight never ends  
No matter what it sends  
The battle rages within

Noah Body

# The Passing Of The Light

The light it shines so bright and clear and then it fades away  
It leaves behind the dark and pain that is here to stay

And with it's passing it has sucked all the life out of me  
The dark is so complete and full that I can't even see

Everything once so beautiful and sharp has grown fuzzy and dim  
I cry out to God for help but I've heard nothing from Him

The light has passed away to everlasting night  
And left naught but pain, and nothing feels right

Oh but how I shall mourn the passing of the light  
And how I regret the the continuing of the fight

It's time to surrender, to give up all that's dear  
Forever and a day has ended, that is what I fear

July 7th the day it ended and the 8th the extra day  
I never thought it could end, that is all I have to say

Woe to us all at the passing of the light  
Woe to us all at the coming of the night

For the night holds naught but darkness and pain  
It coats the land like a deep dark ugly stain

The light has ended, it's gone once and for all  
Now naught but the darkness to hold me in thrall

Woe to all the land at the passing of the light  
For all of us shall morn the victory of night

Noah Body

# The Wheel

The wheel turns and you never know  
Where it will stop or when it will slow

Come one, come all, everyone must play  
There can be no bystanders, now or any day

It knows your desires, It decides your fate  
You cannot escape, it's already too late

So step on up and lay down your best bet  
Come lay it on down there, see what you get

Hold nothing back, It will not avail you  
It's all at risk, even life's on there too

For you what does this devilish wheel hold?  
Is it health and prosperity, riches and gold?

Is it joy and happiness, love stronger than steel?  
Is contentment for you to be found on this wheel?

Or is there heartbreak and pain in the next turn?  
Will the outcome of this spin make your heart burn?

Will madness and insanity be there where it stops?  
Will crippling disfigurement show up at the top?

You've risked it all whether you like it or not  
So watch the wheel closely to determine your lot

Spin after spin it laughs at us mortals  
And waiting for all is death's portal

Noah Body

# Have You Ever?

Have you ever needed to call out  
To the world 'Help me please'?  
Only to know that it's not  
something you do with ease

Have you ever looked in the mirror  
And seen a stranger staring back?  
The face looks familiar  
But your soul the eyes do lack

Have you ever longed to cry out  
To the world 'Do you care? '  
Ready to tell it all  
Your soul to lay bare

Have you ever walked that line  
Between sane and totally insane?  
You stop and then you realize  
No one cares just the same

Have you ever been to the edge,  
just to stand there and stare?  
Longing to take the plunge,  
Too scared to chance the dare

Have you ever stood inside  
A world so full of light?  
yet inside you it's so dark  
You think you've lost your sight.

Have you ever hated it all  
And longed for it to end?  
The only thing left to do  
Is for you to decide when?

Have you ever walked that line  
Between sane and totally insane?  
You know it soon has to end  
To stop this awful pain

Have you ever had that curtain  
Pulled back to show the light.  
Suddenly the shadow's in retreat  
And the world's revealed, so bright

Have you ever stood there stunned  
By all the life that you surrounds.  
Filled with peace and joy,  
Love of life in you abounds

Have you ever felt that pain  
you've lived with all your life  
take a leave of absence,  
to cause you no more strife

Have you ever walked that line  
Between sane and totally insane?  
But now it's lost the power  
to cause you so much pain

Have you ever watched the sun  
As it peeks out of clouds so dark.  
The halo that surrounds it  
Ignites life's mighty spark

Have you ever felt such peace  
that to your eyes it brings tears,  
Filled with all the wonder  
Of vanquishing your fears

Have you ever met an angel,  
Sent by God when you're in need  
To smash away the darkness,  
Victory is guaranteed

Have you ever walked that line  
Between sane and totally insane?  
The angel strides before you,  
lights the way towards the sane

Have you ever....

I have

Noah Body